

Half-Day Mindfulness Retreat for Black, Indigenous and People of Color



**Saturday, September 16, 2023
9am – 1pm
UW Health, 621 Science Dr**

Join us in this retreat for people who identify as BIPOC to practice in community, to be present with and for each other as we explore how compassion, curiosity, and clarity can support our practice and our lives. Time together will include periods of guided meditation, gentle movement, silent reflection, and dialogue.

Instructor: Michael Waupoose, LCSW

Fee: \$25 standard fee/\$10 supported fee (discount code on website)

Details: uwhealth.org/mindfulness

UWHealth

UW Health Mindfulness Program
(608)265-8325

