



DECOLONIZE & CULTIVATE THE BODY & MIND

A 6-week online Introduction to Meditation Program

WHERE: online via Zoom

WHEN: mixed-race group Tuesdays 6-7:30PM EST Sept. 22nd to Nov.3rd

POC only group Saturdays 1:30-3PM EST Sept. 26th to Nov. 7th

20 participants max. in each group

THE MASTER'S TOOLS WILL NEVER DISMANTLE THE
MASTER'S HOUSE - AUDRE LORDE

TRUE LIBERATION INCLUDES DECOLONIZING OUR BODIES AND MINDS.

Our bodies and minds are colonized by the master's tools such that systems of oppression and domination are deeply embedded in us individually and collectively. True liberation needs us to decolonize ourselves – decolonize our own ways of being, doing and thinking so that we can intentionally cultivate life-sustaining practices.

MEDITATION CAN SERVE AS A PRACTICE FOR RESISTANCE & LIBERATION.

Meditation practice can support us in observing our minds, its habits and thoughts, and witnessing the nature of the master's tools and how they operate within us. Meditation can then support us in exploring what we can do with these thoughts and habits. How do we wish to respond? Meditation can help us harness our agency and choice so we can show up as we truly wish to in the world.

SCHEDULE

- Week 1: Grounding Our Circle on Earth
- Week 2: Reuniting Body & Mind
- Week 3: Honoring Our Pain & Suffering
- Week 4: Harvesting Our Rage & Anger
- Week 5: Cultivating the Boundaries of Our Compassion
- Week 6: Embodying Abundance, Gratitude & Joy



Our time together will include simple embodiment exercises, reflections, discussions, and meditation practice. Each week, you will receive meditation guidance to practice at home and optional readings/podcasts/videos. The content is appropriate for those new to meditation and those who have a basic meditation practice and are looking to integrate their practice with anti-oppression work. For those who wish to explore further there will be additional 8-week offerings on specific themes in 2021. If you have questions, or want to see if my style is a good fit for you, please [email](#) to set up an introductory call.

COST: Two payment options are available: (i) a sliding scale (\$240-\$800), and (ii) participation in a [gift economy](#). If you are concerned about the ability to contribute financially, please contact me. *No one turned away for lack of funds.* Payment accepted through PayPal and cheque.

APPLICATION & REGISTRATION: To join the program, please fill out this short [APPLICATION](#). Once applications are reviewed you will receive registration details and can confirm your participation with a \$30 deposit.

Indrani brings care, humor and reciprocity to her facilitation and teaching. As an ecologist, equity promoter, community organizer and systems challenger her impression is we need a deeper shift - on the level of our minds. Without this deeper shift, the other solutions may best serve as temporary bandaids.

Indrani started meditating in 2007 and her teachers and mentors include [Sean Feit Oakes](#), [Miriam Young](#), [Anushka Fernandopulle](#), [Lama Rod Owens](#), [Teja Myoo Fudo Bell](#), [Tara Brach](#) and [Jack Kornfield](#). She incorporates embodiment practices from yoga asana and qi gong. Her practice and teachings are firmly grounded in social justice and anti-oppression frameworks, nonviolent communication, trauma-informed practices and systems thinking. She has her BA from Grinnell College, Iowa and MS in Ecology from Cornell University, New York.

