

**MINDFULNESS FOR THE
PEOPLE LLC**

February 27

**Tripp Commons
Memorial
Union**

11:30 – 1:00

Faculty, staff, and students are welcome to attend!

EMOTIONAL REPARATIONS AS RACIAL JUSTICE WORK

Learn how mindfulness and
compassion can support
collective wellbeing
on your campus!

**Angela Rose Black, PhD
Founder/CEO/Facilitator**



**TO LEARN MORE: INFO@
MINDFULNESSFORTHEPEOPLE.ORG**

DETAILS

An immersive experience for cross-racial audiences

This 90-minute event will highlight the critical intersection between racial justice, emotional reparations, and the utility of mindfulness and compassion in supporting both among faculty, staff, and students.

Participants will learn key terms, illustrate links between White Fragility and Racial Battle Fatigue, and practice compassionate mind-body techniques that support emotional reparations as racial justice work.

Facilitator Bio

Dr. Angela Rose Black is an Activist, Scholar, Practitioner, and Thought Leader in the Mindfulness Movement.

She is the Founder and CEO of Mindfulness for the People, a Black-owned social change agency that offers oppression-sensitive and culturally-responsive mindfulness trainings engaging Racial Battle Fatigue among People of Color and White Fragility among White people.

Her interdisciplinary background in Psychology, Human Development and Family Studies, Women's Studies, Public Health, and Mind-Body Medicine is supported by training at Tulane University, University of Georgia, University of Illinois, University of Wisconsin, UMass, Stanford, and the Mayo Clinic.

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FOR THE PEOPLE**

RADICALLY RE-IMAGINING THE MINDFULNESS MOVEMENT