



**UNLEASH  
THE  
POWER  
WITHIN**

WINTER/SPRING 2019  
**PROGRAM GUIDE**



## *Liberated Living* INSIGHTS FROM **OUR FOUNDER**

The beginning of a new year is always a great time to talk about magic. Now before you realists roll your eyes and stop reading, I should be clear that I don't mean Black Panther invincibility or Dora Milaje super strength. What I'm referring to is a state of lush living that delights our senses and adds dimension to our real life experiences. This magic is rare not because it's mythical, but because it's unpracticed and flies in the face of what we've been told about "how life really works." Yet, if we temporarily suspend our disbelief, we'd see that magic is both within and around us. It whispers to us through our longings as it patiently awaits our notice.

Real magic invites us to pay close attention to our hearts. Unlike our usual head trips, it calls to us through our passions and desires; shocks our circuits as novel ideas; and excites the very core of our beings. And when we lean into it, we make some profound discoveries.

We learn that we have more power than we think and fewer limitations than we've been taught. These are earthshaking insights for those of us who've been confused about our power by oppressive systems and harmful conditioning. Yet when we engage our power, it's like wielding our very own magic wands. Using these wands reveals that in the web of life we are both cause and effect, with deeper connections to everything than might readily be apparent.

So, what are the qualities that will help us access our magic and unleash our personal power in 2019? The list is long, but let's focus on the 3 A's –

**A** authenticity  
attention  
appreciation

We'll begin with authenticity, beautifully defined by Shakespeare in Hamlet as, "to thine own self be true." Being ourselves without pretense may cost us a measure of social acceptance, but it liberates our thinking and accelerates our growth. When we stop pretending to be, think and feel what makes others comfortable, we take back our power to be self-determining.

Living authentically means that we no longer spend time lying, hiding and avoiding. Instead, we are free to give quality attention to the true muses of our lives like family, pleasure, learning, justice, healing, faith and purpose. Attending to our muses, and not just to our daily "musts," strengthens our appreciation for the essence of life. And, it's this appreciation that inspires life's magic, for it's impossible to elevate that which we don't appreciate.

The 3 A's remind us that we're more than just cogs in a machine – we're creators whose passions and commitments shape reality once unleashed. If we remember this, we'll be sure to touch magic in 2019.

*Rebecca Bennett*  
Founder

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# WELCOME TO INPOWER INSTITUTE

We are delighted that you found us – we’ve been waiting for you! Your interests in healing and well-being have brought you to our community of healers, sages, seekers, teachers, change agents, activists, spirit workers, earth allies, artists, revolutionaries and blooming humans. Together, we work to advance wholeness and well-being for ourselves and our peoples.

While we follow many practices and paths, we are united by a shared purpose – to unleash the power within ourselves so that we and others heal from life’s traumas; activate our untapped potential; and cultivate the capacities needed to create a more just and vibrant world. As part of our work, we co-create community healing spaces that:

Tend to both the core and the conditions of our peoples	Lovingly bear witness to our truths	Affirm our power and sufficiency under all circumstances	Inspire and encourage our most authentic self-expressions
Provide platforms for us to exercise our purpose and our power	Challenge beliefs, structures and systems that endanger our lives	Bring us into right relationship with ourselves and others	Seed the healed future for succeeding generations

Our reach is global, extending to all who endeavor to positively transform themselves and the human condition. Yet our roots are deeply embedded in the fertile ground of African diaspora families and cultures; black womanhood and sisterhood; ancestor reverence; indigenous wisdom traditions; liberation theology; and movements for LGBTQIA rights and racial, social and economic justice. Anchored by our roots, we call upon our courage, passions, resources, connections, skills and wisdom to help turn life’s messes into medicines that are not only capable of healing us, but also our communities.

# MEET THE TEAM

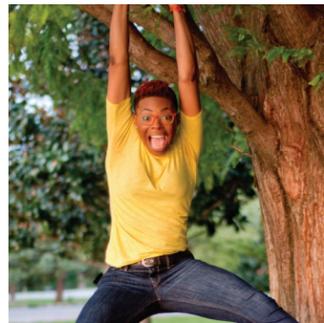
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## Rebecca Bennett

*Founder & Principal*

Rebecca Bennett, InPower Institute's founder and root teacher, is a highly-regarded community healer, spiritual director and life coach. Her mission is to help people manifest the highest and best within themselves and create communities that sustain the best in us all. For more than 20 years, she has inspired, coached, trained and helped tens of thousands of people and hundreds of organizations, always working to elevate human consciousness and conditions.



## April Warren-Grice

*PhD, Director*

Dr. April Warren-Grice leads program design, development, and coordination at InPower. A highly-regarded research-practitioner and educational equity visionary, Dr. April believes wellness is social justice and takes a holistic approach to the development of the mind, body, and spirit.



## Lorren Z. Buck

*MDiv., Director, Operations and Administration & Pastoral Fellow*

With a background in ministry, sexual education and non-profit management, Lorren Buck brings a wealth of talents to the InPower team. She co-leads the Institute's spiritual growth and discovery programming, offering workshops on spirituality, sexuality and gender. She also serves as the Director of Operations and Administration where she manages the Institute's systems and infrastructure.



## ēNiCōL

*Holistic Fitness & Wellness Fellow*

A master fitness trainer and practitioner of holistic wellness, ēNiCōL shares with InPower her keen passion for healthy living. For her, passion is purpose and includes co-creating healing spaces for marginalized populations, artistic expression and cooperative community development.



## Brittini Gray

*Healing Justice Fellow & Artist-in-Residence*

Black freedom at any cost is a deep commitment Brittini lives as a master strategist who creatively works to heal communities from trauma. A poet, healer and organizer, Brittini has always worked at the intersections of art, healing, spirituality and justice. Beautifully blended, these passions are her life's work.



## Lisa Pettis

*PhD, Child Well-Being Advocate*

Dr. Lisa M. Pettis is a Renaissance woman whose many gifts and talents span from the pulpit to parenting. At InPower, she works to transform systems, structures and behaviors that oppress children. She leads programs that advance the liberation of young people so they can live happy, healthy lives free from violence.



## Cheeraz Gormon

*Storytelling Fellow*

Cheeraz Gormon has over 15-years of experience crafting compelling and culturally relevant stories that resonate with people in meaningful and impactful ways. As a visual storyteller, poet, author, award winning advertising copywriter, and two-time TEDxGatewayArch speaker, Cheeraz brings a wealth of expertise to InPower. She uses the spoken and written word to give voice and visibility to the untold truths of individuals, organization and communities.



## Jessiree Jenkins

*Community Engagement Strategist*

Jessiree Jenkins supports InPower in maintaining meaningful connections with its community members. Her background as a library professional and her interests in technology, civic engagement, social justice and self-care make her a perfect fit for the bold work of the Institute.

# MONTHLY OVERVIEW

## JANUARY

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28	29	30	31		

- 5 **Mama + Me**

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- 6 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul, **Collaborators Dreaming Workshop**
- 7 Vision Boarding for Black Trans & Queer Liberation
- 12 **Mama + Me**, "Movement Woman: The Making of a Crew: Docuseries Watch Party, In Plain Sight: Sex Trafficking in St. Louis

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- 13 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul, Break the Chains: Whippin' Testimonies, **Restorative Yoga, Meditation, and Sound Healing Workshop**
- 15 Lavender Nights - Lewa Farable
- 16 **Flower Boi**
- 18 One Family Drum Circle
- 19 **Mama + Me**, Creative Retreats

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- 20 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul
- 26 StoryTellers Skill Share, Genius 365, **Mama + Me**

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- 27 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul, Lewa Farabale - A Womanist Gathering, Break the Chains: Whippin' Testimonies

## FEBRUARY

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24	25	26	27	28		

- 2 **Mama + Me**

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- 3 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul
- 4 White Awake Caucus Group
- 9 Storytellers Skill Share, **Mama + Me**, "Movement Woman: The Making of a Crew: Docuseries Watch Party, Black Womxn Playwright Workshop, **In Between the Sheets: Love Sex & Intimacy**

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- 10 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul, Break the Chains: Whippin' Testimonies
- 12 Lavender Nights - Lewa Farable
- 15 One Family Drum Circle
- 16 Creative Retreats

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- 17 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul
- 20 **Flower Boi**
- 23 Black Womxn Playwright Workshop, **Minimalism: Living Intentionally + Free**, StoryTellers Skill Share

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- 24 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul, Break the Chains: Whippin' Testimonies, Lewa Farabale - A Womanist Gathering

\*Please check [www.InPowerInstitute.com](http://www.InPowerInstitute.com) for cancellations, additions or reschedules.

## MARCH

S	M	T	W	T	F	S
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31						

- 1 Mama Scrap's Pool Heating Retreat
- 2 Mama Scrap's Pool Heating Retreat

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- 3 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul
- 4 White Awake Caucus Group
- 9 Storytellers Skill Share, "Movement Woman: The Making of a Crew: Docuseries Watch Party, Black Womxn Playwright Workshop

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- 10 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul
- 15 One Family Drum Circle
- 16 Creative Retreats

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- 17 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul
- 19 Lavender Nights - Lewa Farable
- 20 **Flower Boi**
- 23 **Uprise! Yoga**, Storytellers Skill Share, Black Womxn Playwright Workshop, Sewing for the Soul, **Healing Touch - Empowering the Body to Heal**

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- 24 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul, **Healing Touch - Empowering the Body to Heal**, Restorative Yoga, Meditation, and Sound Healing Workshop, Break the Chains: Whippin' Testimonies
- 30 **Forest Exploration and Nature Connection Series**

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- 31 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul, Lewa Farabale - A Womanist Gathering

## APRIL

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

- 1 White Awake Caucus Group
- 6 Storytellers Skill Share, ChocoLIT Podcast Launch, Black Womxn Playwright Workshop

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- 7 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul
- 9 Lavender Nights - Lewa Farable
- 13 "Movement Woman: The Making of a Crew: Docuseries Watch Party

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- 14 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul
- 17 **Flower Boi**
- 19 One Family Drum Circle
- 20 Creative Retreats, Storytellers Skill Share, Black Womxn Playwright Workshop

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- 21 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul
- 27 Who You Calling A Bltch?!

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- 28 **Uprise! Yoga**, Spirit Rising: A Salon for the Soul
- 30 Spank Out Day

- SPIRITUAL GROWTH & DISCOVERY
- HOLISTIC HEALTH & HEALING
- ABUNDANT LIVING
- HARMONIOUS RELATIONSHIPS
- CULTURAL ARTS & EXPRESSION
- COMMUNITY & JUSTICE



# SPIRITUAL GROWTH & DISCOVERY

## EXPLORE THE SACRED

The mysteries of the divine call us into the deepest waters of human consciousness. **Spiritual Growth & Discovery** answers this call by helping us explore what is most sacred to us individually and collectively. This exploration expands our understanding of ourselves, invites us to see beyond life's appearances and reinforces our connection to Life Source. We grow as a result, experiencing greater meaning in our lives and a deepened appreciation of life's many gifts and wonders.

### SHE IS RISEN BY LORREN Z. BUCK

People of the African diaspora have always had a strong commitment to liberation and freedom, which has been fueled by our relationships with the Divine. This commitment and the untamable spirit that drives it were present in the maroons of Accompong. As my InPower sistahs and I journeyed up Jamaica's rugged, meandering mountains, we met these kindred people who have lived life on the road less traveled. Our pilgrimage to their community revealed a blessed freedom that came from generations of struggle to rise above bondage.

In the 18th century, Queen Nanny and her brothers fled enslavement for Accompong's unpolished mountains. For 50 years they resisted the British who attempted to lay siege to their community and return them to chattel slavery. They strategized how to protect their children and grandchildren from a caste system which demanded their complete subjugation. They also lived and fought under duress, all while worshipping, tilling the land and caring for their community.

Reflecting on Queen Nanny and her brothers, I asked myself if my dreams and convictions were worth a 50-year fight. When that which I "name takes 50 years to claim," will I still rejoice within the sacred alter of my soul?

We as a people have cultivated our internal power to combat external forces. In the context of Christianity, when Mary Magdalene and the other Mary looked for Jesus after his crucifixion, the angel told them, "He is not here, he is risen." Queen Nanny is no longer here on life's plantation, she is risen and the same power that delivered her and her people from death dealing circumstances, lives inside each of us. When heeded, the Divine compels us to embrace this power and to use it to reach for freedom's mountaintop.



# HOLISTIC HEALTH & HEALING

## EMBRACE WHOLENESS & RENEWAL

Many of the conditions of life can leave us hurting, fractured and fragmented. Through **Holistic Health & Healing** we are supported in embracing and ultimately expressing wholeness and renewal. These states of being are our birthrights, but often go unclaimed in the face of compounded distresses, which contaminate the sweet waters of life with dis-ease. We can, however, learn to realign to our core. It nourishes us by calling forth vital life force energy that helps to restore our bodies, minds and souls.

### JAMAICA WAS... BY ĒNICŌL

Jamaica was...  
Like golden brown, homemade pie crust  
That your Mothers' Mothers made  
And the secrets to all its ingredients were  
Warmly Instilled in YOU.

Riding through the mountains on June 23, I realized that if I was in America I would be afraid. A van load of black folks traveling through rural areas would not be safe. But this was not the woods. We were in the tropics. We were home.

Stopping off in a small town to get water. I was greeted with smiles and called "Sistah." Jamaica in the mountains felt like a family reunion that happened everyday, and we did not have to be introduced to each other. We all knew we had met before.

On the pilgrimage to Accompong, I couldn't help but notice that the trees' leaves had skin like ours - vibrant and smooth. I had even been bitten

by ants the night before, but my skin was alright. I itched, but I could see and feel how much my skin and hair held plenty of coconut oil, water, and sun.... so I was happy and felt beautiful.

As we experienced the fresh food, I thought to myself that God must be a Queer Black Woman the way the fruit tasted and the juices, drenched my body, like I was being baptized in the sensual rivers of the Earth's sweet touch. Only SHE could've made fruit taste that good and flow that way. All I could think of is how I and the woman I love must taste... like pineapple, sour sop, mango, passion fruit, and that tsunami melon, each presenting me with its gifts of vibrancy, clarity and intention in every bite.

Jamaica brought me HOME.  
Within myself  
With my Kindah  
Happily, Organically, Maternally, Energetically –  
H.O.M.E.  
I learned how to Come Back.



# ABUNDANT LIVING

## EXPERIENCE LIFE'S BOUNTY

There are sufficient resources all around to aid us along life's journey. We are best able to experience this bounty when we are open and expectant of its flow. **Abundant Living** is our most authentic state of being, but often feels elusive because of the deprivations and hardships many of us have known. The good news is that underneath our seemingly ever-present scarcity lies an overflow that is not only capable of meeting all of our needs, but can also fully resource our purpose, dreams and longings.

### THERE COMES SUNSHINE

BY LISA PETTIS

Have you had times in your life when it seemed as if the sun just wouldn't shine? I know I have. I've had days when it felt like whatever bad could happen did. My husband's job was jeopardized when the organization he worked for was sold. I took another trip to the hospital due to anxiety and paranoia. My child moved away after reconnecting, following a year of separation. I felt spiritual disconnection from a dear friend and struggled with the death of a family member after a bout with cancer. The list of hardships in my life kept going on and on. I wanted to give up. Nothing really matters, I thought. Why should I keep trying? What do I have to live for?

But then in the midst of all of this sorrow, came rays of sunshine. My husband landed a new job. I developed healing and grounding skills to deal with anxiety and paranoia. I realized that my child's moving away wasn't so bad, especially since she calls often for comfort and advice. New spiritual friends entered my life. And, I received a wonderful opportunity to offer my gifts through InPower Institute!

This is a true story! I encountered an awesome spirit at InPower where we "unleash the infinite power within so that we lead extraordinary lives and create a more just and vibrant world". The ladies there told me that they'd been waiting for me and were excited to have me on the team.

I am delighted that God led me to InPower Institute! I have met all of these wonderful and amazing women, and I am looking forward to the work we will do together.

Whatever you days bring, I wish you sunshine.



# HARMONIOUS RELATIONSHIPS

## NUTURE GOOD LOVE

We human beings live in relationship from our first breath to our last. It's our interdependence that funds our personal and collective existence. Our most meaningful relationships not only shape us, they also inform our world views and reality as we know it. The growth edge for many of us is to be in right relationship with one another so that we bring love and truth into all of our connections. This is how we create **Harmonious Relationships** and come to experience our highest and best selves.

### DANCING THROUGH DEMENTIA

BY TERESA WARREN-GARDNER & APRIL WARREN-GRICE

I was sitting knee to knee with Marchelle at our weekly Spirit Rising Salon at InPower Institute, "a space where people come to get their souls touched up." Carolyn, our leader for the week, asked us to discuss in pairs what supports us in choosing YES! to life.

My response was "everything." I realize that everything that I have experienced and encountered has aided in my development, even those things that I thought were against me have served me in finding my truest self. For instance, my end-of-the-world breakups helped me to discover myself more fully so that I could live a more authentic life. My experience with my mom and dementia has taught me to listen deeper, appreciate each moment and discover new ways of sharing love with her. No matter the hardships, I am reminded that my soul wastes nothing. This has been true my entire life. Everything that I have experienced has been useful.

Marchelle, in agreement, shared how she too discovered the joy in choosing her perspective. She explained how a friend told her that he was just "playing the hand he was dealt." Her was

response was, "You chose the deck. It's your game." Immediately, I gasped for air and clutched my imaginary pearls. What did she mean!?

Marchelle explained, we may not have chosen our exact situations, but we chose our life lessons and that includes everything that comes with them. It's our job to decide how we want to "play the game." And because it's our game, we can make the rules. We don't have to write a jail sentence. Instead, we can write a ticket to a new life, discovering the possibilities in the circumstance. She went on to ask, "How can we change our perspectives to see and do things differently, so that we reap fresh fruit from what appears to be a rotten deal? What if we choose to really experience life in more transformative and vibrant ways?"

After talking with Marchelle, I know this is what I am doing with my mom. We have taken ownership of the game and have decided instead of experiencing dementia as a death sentence, we are creating a new life and dancing our way through it. We both LOVE TO DANCE, so we are making our own rules as we dance through dementia.



# CULTURAL ARTS & EXPRESSION

## PROCLAIM THE JOY OF BEING

Past, present and future converge through **Cultural Arts & Expression**. The cultural practices of our ancestors serve as the roots of our present-day creations. Likewise, the truths of our young ones stretch our imaginations, inviting us to engage the world more dynamically and authentically. These life forces come together within us, causing us to experience and express life in its fullness through music, movement, artistry, story, prayer and other forms of cultural magic. It's in giving ourselves to this magic that we ignite the real joys of being.

### YOUR ANSWER WILL FIND YOU

BY CHEERAZ GORMON

A short two years ago, I started on the work of understanding where trauma lives in my bloodline. I recounted stories and family secrets that I ear hustled while grown folks were talking, or that they shared with me in matter-of-fact ways, over holiday plate fixing.

The known history of violence that my family has experienced is jarring to me. As I gaze upon pictures of my kinfolk, my heart hurts knowing what many of them endured. Not all of them survived. And it's because of their pain, and my own, that I have intentionally set out on a journey to heal.

My journey moved to new heights during InPower's Summer Healing Intensive in Jamaica. On my way to the airport, I made an internal promise to be wide open to whatever blessings awaited our team there. God only knew that something very special was in store for me. The breakthrough that I experienced directly aligned with my heart's desire to undo the unspeakable things that had been done to both me and my ancestors.

In the midst of loving sisterhood, lush vegetation and brilliant sunshine came a thunderous downpour of rain and a sonic healing balm. The medicinal power of the drum awakened in my hands, reaching deep inside me to tend to the wounds of my heart and soul. The drum spoke of my ancestors' grief and greatness and gave me a practice for healing my bloodline.

My connection to the drum was unexpected, but life altering. It taught me that if you're on a search and stay open, your answers will surely find you.



# COMMUNITY & JUSTICE

## CO-CREATE A BETTER WORLD

Living only to advance our personal well-being misses a fundamental truth – that while we are distinct, none of us are separate. Dr. Martin Luther King, Jr. captured this understanding beautifully when he wrote in his Letter from Birmingham Jail, “We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.” We live, love and languish together. And because of this truth, we work to co-create a better world where **Community & Justice** are inextricably intertwined. This is the promise of Beloved Community and we fully commit ourselves to its fulfillment.

### SHEA BUTTER

BY BRITTINI “REE BELLE” GRAY

We do not question the rain when she pours, because she is expected to  
We do not shun the sun for shining, because he was created to do just that  
We do not ask the flower to be a tree, or the land to be sea  
For creation is never confused about who it is or where it should be  
So why then do we expect less from beings who desire to be free...

He say we be shea butter-

With the drum, I came back to my genesis. In a moment, all the disappointment of how black women have been discarded (weighing on my heart till this point) melted away and was replaced with sweet feelings of loving warmth, remembrance, and home.

In Jamaica, i came to know a people who were free. A people whose existence was for

their own well-being. Whose work was solely in service to their people. They were the fruits of the labor of a woman who dared to do more than dream, who strategized into being what she knew her people deserved and were worth.

The trip to a new home reawakened my senses. With a sensuality revived, i returned knowing more of the sweetness i wanted to have in life, and the zeal, passion, and part of a blueprint to make it happen...

Each journey forward, is a pilgrimage to before  
Every new encounter, is a soul once known  
Essential becomes luxury, then basic again  
Existence is eternal in the exchange of ideas  
Engagement and convergence renew power for what is to come

-He say we do alchemy!

## SPIRITUAL GROWTH & DISCOVERY EVENTS

### LAVENDER NIGHTS - LEWA FARABLE

Alice Walker explains "womanist is to feminist as purple is to lavender." Mindful to begin where many women are, Lewa Farable offers Lavender Nights as a space and time to deepen our analysis and understanding of what it means to be a womanist. Becoming a womanist (purple) takes time, dedication, and growth, and we seek to foster this transformation through sacred community space. Join us as we talk back around the experiences which have colored our lives as we support other women along the journey.



**SESSION LEADERS:** Dietra Baker, Lorren Z. Buck, Brittini Gray  
**DATE:** Tuesdays - January 15, February 12, March 19 & April 9  
**TIME:** Cocktail Hour: 5:30pm - 6:30pm & Sister Circle: 6:30pm - 8:00pm  
**COST:** Donations appreciated! Bring your favorite spirit or wine.  
**PARTICIPANTS:** Women of Color  
**REGISTER:** Drop in!

### CREATIVE RETREATS

Creative Retreats are forums where your mind, body and spirit align to your life's purpose. Each session has an intentional theme that corresponds to one of the seven chakra energy centers. Participants engage in physical practices, nutritional and group activities that connect people to one another. What arises is a communal energy that helps you transform your dreams into reality!



**SESSION LEADER:** Kira Van Niel  
**DATE:** 3rd Saturdays - January 19, February 16, March 16 & April 20  
**TIME:** 11:00am - 3:00pm  
**COST:** \$10 and Vegetarian potluck style lunch  
**PARTICIPANTS:** All are welcome.  
**REGISTER:** Email: kiravanniel@gmail.com. Must RSVP!

### LEWA FARABALE - A WOMANIST GATHERING

This Womanist Gathering exists to create worship experiences that address social justice issues through womanist preaching and action. Womanist preaching is rooted in the African American female experience of seeking liberation, healing and restorative justice in the Bible.



**SESSION LEADERS:** Dietra Baker, Lorren Z. Buck, Brittini Gray  
**DATE:** Sundays - January 27, February 24, March 31, April 28  
**TIME:** 1:00pm - 2:30pm  
**COST:** Donations appreciated!  
**PARTICIPANTS:** Women of Color  
**REGISTER:** Drop in!

### SPIRIT RISING: A SALON FOR THE SOUL

Join us weekly for Spirit Rising - a gathering where life's travelers meet up to share their discoveries, insights and yearnings. This salon is a rest stop, offering a departure from our focus on the management of life to attend more fully to the meaning of life. It is also a workshop where participants engage in rigorous soul searching around life's most pressing questions and issues. Some of our salon topics have included: encounters with God, our greatest life lessons, courage, magic, spiritual miscarriage, good grief and the art of letting go.



**DATE:** Every Sunday  
**TIME:** 11:00am - 12:30pm  
**COST:** Donations appreciated!  
**PARTICIPANTS:** All are welcome.  
**REGISTER:** Drop in!

**1<sup>ST</sup> SUNDAYS:** Rebeccah Bennett  
**2<sup>ND</sup> SUNDAYS:** Carolyn Griffeth  
**3<sup>RD</sup> SUNDAYS:** Lorren Z. Buck  
**4<sup>TH</sup> SUNDAYS:** Eurania Jackson  
**5<sup>TH</sup> SUNDAYS:** Mary Elizabeth Grimes

### SPIRITUAL DIRECTION: COMPANIONSHIP FOR THE SOUL'S JOURNEY

"Carolyn holds the hand of your Soul allowing it to go just where it needs to go." This is how one client recently described my work. Struck by her words, I asked: "How do I do such?" She responded, "By using everything you've learned holding the hand of your own soul through so much fire!" Her words describe my work well. It is an honor to hold space for you as you tune towards Soul. Sometimes the first voice of Soul is grief. Always, there is a there is a longing to transcend the smallness of limiting beliefs and oppressive conditioning to open to wider dimensions of faith and life! My tools are passionate prayer, body centered listening, cultivating consciousness, dream work, emotional release work, oppression awareness, grief work, and healing ceremony. Either one-on-one or in small groups, it is my pleasure to help you grow your spiritual wings.

**SESSION LEADER:** Carolyn Griffeth  
**COST:** Donations appreciated!  
**PARTICIPANTS:** All are welcome.  
**REGISTER:** Email: cdgriffeth@yahoo.com

### SPIRITUAL CARE

As a center for community healing and optimal living, InPower Institute has a spiritual care team that compassionately provides supportive and crisis care and co-creates sacred methods for healing and transformation. Team members honor individual belief systems and cultural traditions when extending support to those in need. This contemplative-based care helps people to discover their own inner resources for well-being and wholeness. As spiritual care allies, we serve people facing life challenges, such as unexpected hardships, life-limiting illness, bereavement and loss. We greet people with compassion, mindful awareness and authentic presence. Whatever the circumstances, we recognize the communal nature of life's journey and endeavor to provide care and a reassuring presence. Please contact Pastoral Fellow Lorren Z. Buck at lzakiya@emergingwisdomllc.com to request support.

BY APPOINTMENT ONLY

## HOLISTIC HEALTH & HEALING EVENTS

### UPRISE! YOGA

UpRise! Yoga is a healing space for those in need of relief from toxic stress, oppressive dynamics and hostile environments. These life affirming classes cultivate flexibility of mind, body and spirit, helping to transform outworn ways of being. They beautifully blend meditation, deep breathing, yoga and inspirational wisdom to create a full-bodied experience of relaxation and renewal.



**DATE:** Every Sunday  
**TIME:** 9:00am - 10:30am  
**COST:** Donations appreciated!  
**PARTICIPANTS:** All are welcome.  
**REGISTER:** Drop in!

**1<sup>ST</sup> SUNDAYS:** Karen Taylor-Liggins  
**2<sup>ND</sup> SUNDAYS:** Karen Banks  
**3<sup>RD</sup> SUNDAYS:** Carolyn Ford  
**4<sup>TH</sup> SUNDAYS:** Carolyn Ford  
**5<sup>TH</sup> SUNDAYS:** Lizzie Salsich

### RESTORATIVE YOGA, MEDITATION, AND SOUND HEALING WORKSHOP

Come and relax your body, mind, and spirit during this gentle yoga and meditation class that includes Tibetan singing bowls. No experience is necessary. Dress in comfortable clothes and plan to stretch in a few gentle poses. A brief guided meditation will help you fully rest and allow the vibrations of the singing bowls to heal your body and spirit. Trained in Hatha Yoga and traditional sound healing in Rishikesh, India, instructor Karen Banks will lead you on a journey to relaxation and healing.



**SESSION LEADER:** Karen Banks  
**DATE:** Sundays - January 13 & March 24  
**TIME:** 6:30pm - 8:00pm  
**COST:** Suggested donation: \$15  
**PARTICIPANTS:** All are welcome.  
**REGISTER:** Email: healthandwellnessarts@gmail.com

## MAMA + ME

Mama+Me is a fun, creative fitness class for busy mamas (including biological mothers, TT's, Grandma's and mentors) and their kiddos. Many of us find ourselves so busy that it's hard to carve out special time for our own health and wellness, which is often due to the fact that we have little ones by our side tugging for our attention. In this class, we will learn and share ways of making fitness fun and effective for us, while also keeping it fun and engaging for our young ones without either generation needing to sacrifice much in between! This class series is facilitated by InPower Institute's Holistic Fitness and Wellness Fellow and Founder of Effective Holistic Fitness, ēNiCōL (NASM Certified Personal Trainer and Fitness Nutrition Specialist) and their life partner, Jaqui Rogers, Founder of MAMA2MAMA, LLC.



**SESSION LEADER:** ēNiCōL and Jaqui Rogers  
**DATE:** Saturdays - January 5, 12, 19, 26, February 2, 9  
**TIME:** 9:00am - 10:15am  
**COST:** Spread the Word + Donations and Good Vibes  
**PARTICIPANTS:** Busy mamas and their kiddos.  
**REGISTER:** Drop in!

## BELL INNER WELL COUNSELING

Help is available now. You have the capacity to make decisions about your life that will lead to healthy, long-term solutions to challenges. Know that making changes in life, working through emotional difficulties, developing new patterns and gaining insights require more than wishing. Therapy involves a commitment on your part in terms of time, money and energy. Working as a team with a trusted professional often leads to better relationships, solutions to specific problems and significant reductions in feelings of distress and limitation. I specialize in trauma healing, depression, anxiety, couples counseling and grief and loss. Some of my core values include courage, compassion, spirituality, honesty, love and social justice. I am currently accepting new clients. For more information or to schedule an appointment, contact Velma Bell, MSW, L.C.S.W. at [www.bellinnerwellcounseling.com](http://www.bellinnerwellcounseling.com) or 314-308-0627.

**PRACTITIONER:** Velma Bell  
**COST:** \$95 for 55-minute session  
**PARTICIPANTS:** All are welcome.

## HEALING TOUCH

Healing Touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to facilitate physical, emotional, mental and spiritual health. Healing Touch uses light touch to influence the human energy system, specifically the energy field that surrounds the body. The goal of Healing Touch is to restore harmonies in the energy system, placing you in a position to self-heal.

**PRACTITIONER:** Eileen Wolfington  
**COST:** Donations appreciated!  
**PARTICIPANTS:** All are welcome.

## HEALING TOUCH: EMPOWERING THE BODY TO HEAL

Healing Touch is a research based healing modality that restores harmony and balance not just physically, but emotionally and mentally as well. In this class you will learn the Energy System concepts related to health, the location and function of the Chakras, how to do an Energetic Assessment, and 12 Healing Touch techniques that can be used for self-care or on others. This course offers 16 professional CE (Continuing Education) credits.



**SESSION LEADER:** Terri Terhaar  
**DATE:** Saturday, March 23 & Sunday, March 24  
**TIME:** 8:30am - 5:30pm  
**COST:** \$397  
**PARTICIPANTS:** All are welcome.  
**REGISTER:** [www.stlouishealingtouch.com](http://www.stlouishealingtouch.com)

## FOREST EXPLORATION AND NATURE CONNECTION SERIES

Nature Deficit Disorder is real and needs vitamin "N" supplementation on a regular basis. But where to go? What to do? Plug into the sounds and sights of the natural world that is our ancestral right. Engaging our senses, we can allow for curiosity, play and an expansive community to emerge from these outdoor experiences in the local Ozarks.



**SESSION LEADER:** Bob Henkel  
**DATE:** Saturday, March 30  
**TIME:** TBD  
**COST:** Donations appreciated!  
**PARTICIPANTS:** All are welcome.  
**REGISTER:** Email: [rog.manager@stlouisearthday.org](mailto:rog.manager@stlouisearthday.org)

## ABUNDANT LIVING EVENTS

### COLLABORATORS DREAMING WORKSHOP

At InPower, we are preparing to open a new community healing campus in the heart of St. Louis City. Our new site will be ten times the size of our current home and will attract people and practitioners from near and far. Help us dream our next center into being by sharing with us your hopes and desires. Tell us the indoor and outdoor amenities and facilities that would most advance your wholeness and well-being. We want to design our new home with you in mind.



**SESSION LEADER:** Rebecca Bennett  
**DATE:** Sunday, January 6  
**TIME:** 3:00pm - 5:00pm  
**COST:** Donations appreciated!  
**PARTICIPANTS:** InPower Community Healers, Collaborators, and participants  
**REGISTER:** Drop In!

### IN BETWEEN THE SHEETS: LOVE SEX & INTIMACY

At InBetween the Sheets, self-care and personal intimacy meet the truth about kink and everything in between! If you missed it last year, you do not want to miss this! Empowerment Expert Adande Lane dives into a discussion that brings your inner sexual energy to the forefront in a powerful and exploratory manner. Identify your personal intersection of love, sex, and intimacy as you tune in and turn up your true desires! All this in time for Valentine's Day! Women, Wine & Wisdom! Come enjoy stimulating conversation.



**SESSION LEADER:** Adande Lane  
**DATE:** Saturday, February 9  
**TIME:** 2:00pm - 5:00pm  
**COST:** \$15  
**PARTICIPANTS:** Women over 21 years of age  
**REGISTER:** [www.sheadande.com](http://www.sheadande.com)

### MINIMALISM: LIVING INTENTIONALLY + FREE

Minimalism is an intentional and simple way of living that is conscious of our consumerism and its impact on systems of change. In this workshop, we will explore how living intentionally can manifest itself in our lives. Together, we will learn how this type of lifestyle can enable us to walk in our purpose and free ourselves from bondage. We will identify our values, set goals, and begin creating space for our best selves.



**SESSION LEADER:** Amanda Tello  
**DATE:** Saturday, February 23  
**TIME:** 12:30pm - 4:30pm  
**COST:** \$10 - \$25 sliding scale  
**PARTICIPANTS:** Anyone who identifies as a woman.  
**REGISTER:** Email: [l.tello.amanda@gmail.com](mailto:l.tello.amanda@gmail.com)

## HARMONIOUS RELATIONSHIPS EVENTS

### FLOWER BOI

Flower boi is a peer support group for masculine centered (including, but not limited to masculine of center women, cisgender men, gender-non-conforming, boi, trans masculine, androgynous) people of color to unlearn toxic masculinity in order to uplift and empower each other, as well as to better love and support the femmes in our lives. We meet and host vulnerable, brave conversations on topics such as accountability, #MeToo, embracing femininity, and much more. *For more info like & follow us facebook: @flowerboisupport and instagram: @flowerboistl.*



**SESSION LEADER:** Jae Shepherd and Charles Buchanan  
**DATE:** Wednesdays – January 16, February 20, March 20, & April 17  
**TIME:** 7:00pm - 8:00pm  
**COST:** Donations appreciated!  
**PARTICIPANTS:** Masculine centered people of color  
**REGISTER:** Drop In!

## CULTURAL ARTS & EXPRESSION EVENTS

### VISION BOARDING FOR BLACK TRANS & QUEER LIBERATION

We're interested in your 2K19 visions for black trans & queer, individual & communal, success & liberation. Together, we will reflect, strategize, & create. We will put into existence goals & dreams for ourselves and our community. Bring your calendars, journals, sketch pads, & whatever else you may need to dive into the process. Vision boarding supplies will be provided.



**SESSION LEADER:** Jae Shepherd and Adriana Darris  
**DATE:** Monday, January 7  
**TIME:** 7:00pm - 9:00pm  
**COST:** Free  
**PARTICIPANTS:** Black Trans & Queer Community Members  
**REGISTER:** Drop in!

### ONE FAMILY DRUM CIRCLE

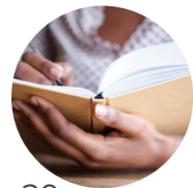
Join the One Family Drum Circle. We will rejoice in the celebration of life, community and music. Drums are the earth's oldest instrument. This drum circle is open to newcomers, veteran drummers and percussionists and youth. Youth are welcome when accompanied by an adult. (Drums and percussion instruments will be available to borrow.)



**SESSION LEADER:** Sweet-T, ēNiCōL, Salim Kenyatta  
**DATE:** 3<sup>rd</sup> Fridays - January 18, February 15, March 15, & April 19  
**TIME:** 6:30pm – 9:00pm  
**COST:** Free  
**PARTICIPANTS:** New to hand drumming and experienced drummers.  
**REGISTER:** Drop in!

### STORYTELLERS SKILL SHARE

Come join this intergenerational meet-up for budding to seasoned storytellers of all practices and traditions. Participants will share techniques, skills, and stories.



**SESSION LEADER:** Cheeraz Gormon  
**DATE:** Saturdays - January 26, February 9 & 23, March 9 & 23 and April 6 & 20  
**TIME:** 11:30am – 1:30pm  
**COST:** \$5 donation  
**PARTICIPANTS:** All are welcome.  
**REGISTER:** Email: cheerazgormon@gmail.com

### GENIUS 365

Calling All Black and Brown Young Geniuses! Liberated Genius® is excited to feature young Black and Brown youth in the upcoming campaign, Genius 365. We know our students are geniuses and too often get overlooked while their gifts, talents, and skills go unsupported. Bring a young genius to learn more about how to be highlighted, nurtured, and featured in the upcoming campaign. Yes, your kid is a genius, too. We promise.



**SESSION LEADER:** April Warren-Grice, PhD  
**DATE:** Saturday, January 26  
**TIME:** 2:00 pm - 4:00pm  
**COST:** Donations appreciated!  
**PARTICIPANTS:** Young Black and Brown geniuses and their amazing guardian(s)  
**REGISTER:** EventBrite: Genius 365

### BLACK WOMXN PLAYWRIGHT WORKSHOP

Black Womxn Playwright Workshop a 6-week intensive program for playwrights of all skill levels. This workshop is designed for participants to create a work that will culminate in a reading before a live audience. Capacity is limited to 6 womxn. Participants are required to bring their work each class.



**SESSION LEADER:** Cheeraz Gormon and Mariah Richardson  
**DATE:** February 9 & 23, March 9 & 23, and April 6 & 20  
**TIME:** 2:30pm – 5:00pm  
**COST:** \$25 per session or \$150 for all 6-weeks  
**PARTICIPANTS:** Workshop is limited to 6 participants who identify as Black Womxn  
**REGISTER:** Email: cheerazgormon@gmail.com for registration form by Jan. 4, 2019

### SEWING FOR THE SOUL

Join us to learn the basics of sewing. After this workshop, you will have sewn a beautiful pillow made with African Fabric, that has a pocket for your Affirmations.



**SESSION LEADER:** Tammy Jones  
**DATE:** Saturday, March 23  
**TIME:** 2:00pm - 5:00pm  
**COST:** \$25  
**PARTICIPANTS:** All are welcome.  
**REGISTER:** Email: jonestam2@gmail.com

### CHOCOLIT PODCAST LAUNCH

Hello good people. I'm starting a podcast and would love for you to join me for a live recording. I'll be discussing 3 things that I love: Books, Blackness and the effect Black women have on our lives. Of course, it will be sprinkled with my dazzling personality – so come hang out with me as I launch this new project.



**SESSION LEADER:** Jessiree Jenkins  
**DATE:** Saturday, April 6  
**TIME:** 2:00pm - 4:00pm  
**COST:** \$2.00  
**PARTICIPANTS:** Anyone who enjoys Blackness, books, and humor  
**REGISTER:** Email: jessireejenkins@gmail.com

## COMMUNITY & JUSTICE EVENTS

### “MOVEMENT WOMEN: THE MAKING OF A CREW” DOCUSERIES WATCH PARTY

Join us to watch the first half of this docuseries season, which seeks to answer the central question- what does it mean and look like to be a Black woman freedom fighter in today’s movement spaces? From the Ferguson Uprising to youth and community organizing in East St. Louis, from intentional justice-based spiritual spaces, art creation & curating to the Mute R. Kelly STL campaign, these women and their conversations touch on a multitude of fights for the liberation of oppressed people, locally and globally. Each screening will be followed by a Q&A. Snacks provided.



**SESSION LEADER:** Aziza Binti and Brittíni “Ree Belle” Gray  
**DATE:** Saturdays - Jan. 12 (Ep. 1); Feb. 9 (Ep. 2); March 9 (Ep. 3); Apr. 13 (Ep. 4)  
**TIME:** 12:00pm - 1:30pm  
**COST:** Donations Appreciated!  
**PARTICIPANTS:** All are welcome.  
**REGISTER:** Email: brittinig2@gmail.com

### IN PLAIN SIGHT: SEX TRAFFICKING IN ST. LOUIS

In Plain Sight: Sex Trafficking in St. Louis is a new series and a direct response to a slew of social media posts from people around St. Louis who shared unsettling stories of being approached and nearly taken by traffickers in plain sight at places that we all visit. We encourage the community to join us to discuss the current state of Sex Trafficking in St. Louis and how we can rise up together to strengthen our defense against this heinous trade that has settled comfortably in our back and front yards. We will hear testimonials from survivors of sex trafficking, discuss current legislation that is either helping or hurting our fight against this industry, and develop our skills around safety planning and more. This will be a potluck style community gathering, so please bring a dish if you can.



**SESSION LEADER:** ēNiCōL  
**DATE:** Saturdays - January 12 and March 9  
**TIME:** 2:00pm - 5:00pm  
**COST:** Potluck  
**PARTICIPANTS:** All are welcome.  
**REGISTER:** Drop in!

### BREAK THE CHAINS: WHIPPIN’ TESTIMONIES

“This is going to hurt me more than it hurts you.” “Love hurts!” “Spare the rod, spoil the child” or “Beat ‘em, just don’t kill ‘em.” These are statements many parents heard while growing up or as ways to raise children. In these sessions, we will unpack the misconceptions concerning physical discipline as the only way to teach or correct our children and the negative impact it has on our community, including physical, psychological and spiritual scars. We will also discuss slave/ex-slave narratives to expose the horrors of physical punishment inflicted on enslaved Africans during American slavery to keep them docile to their masters. How have these oppressive behaviors been translated into how many African Americans discipline their children today? Share your spanking testimonies as we work to break the chains that bind us and move into a higher love for our children and ourselves.



**SESSION LEADER:** Dr. Lisa Pettis  
**DATE:** Sundays - January 13 & 27 and February 10 & 24  
**TIME:** 3:30pm – 5:30pm  
**COST:** \$20 per session  
**PARTICIPANTS:** People of Color  
**REGISTER:** Eventbrite: Break the Chains: Whipping Testimonies

### WHITE AWAKE CAUCUS GROUP

This practice group provides a space specifically for white and white-adjacent people to do the work of cultivating self-awareness. Whiteness keeps our spirits small. It prevents us from showing up lovingly in our relationships, justly in community spaces, and equitably in professional life. Utilizing White Awake curriculum that integrates historical, economic, and political analysis together with social, emotional and mindfulness tools, we offer this six-part practice series. In each session, we seek to facilitate the healing work to re-connect with parts of ourselves lost in the harmful process of learning to be “white.” We explore in this way with an understanding that our own liberation is intimately bound to one another. We caucus to wake up from the trance of whiteness. We come together in healing work, so that we can do our part to dismantle the oppressive systems that surround us.



**SESSION LEADER:** Jo Pang and Sarah Murphy  
**DATE:** 1st Mondays - February 4, March 4, April 1  
**TIME:** 6:00 pm - 8:00 pm  
**COST:** \$120 for 6 sessions  
**PARTICIPANTS:** Those who identify as white or with privileges associated with whiteness.  
**REGISTER:** Eventbrite: White Awake Caucus Group

### MAMA SCRAP’S POOL HEALING RETREAT

Tender and resilient. Strong and patient. Agitator and lover. We are all of this plus more. Mama Scrap’s Pool Healing Retreat is a space to bring the fullness of who you are as a woman into the room with you. Join us as we cultivate community, sustain ourselves for the work of justice, and honor our bodies and spirits. Retreat will include embodied healing practices, meditation, food, political education and more!



**SESSION LEADER:** Ashli Bolden and Brittíni Gray  
**DATE:** Friday, March 1 and Saturday March, 2  
**TIME:** 6:00pm - 9:00pm (March 1); 10:00 m – 2:00pm (March 2)  
**COST:** \$40  
**PARTICIPANTS:** Women  
**REGISTER:** Email: brittinig2@gmail.com

### WHO YOU CALLING A B!TXH?!

A conversation around sexism, misogyny and violence against women in Hip Hop, “Who You Calling A B!txch?!” is a discussion exploring popular hip hop lyrics and the misogyny and sexism reflected in the genre and culture.



**SESSION LEADER:** Kristian Blackmon  
**DATE:** Saturday, April 27  
**TIME:** 3:00 pm - 5:00 pm  
**COST:** Donations appreciated!  
**PARTICIPANTS:** All are welcome.  
**REGISTER:** Drop-in!

### SPANK OUT DAY

This will be a fun day for parents and caretakers to spend time with their children and to promote non-violent ways of teaching children appropriate behaviors. Information will be given on the history of Spank Out Day as well as tips on non-physical ways to discipline children. There will be age appropriate games and activities for all ages. Come join us on this wonderful day and enjoy your children free from physical punishment! Light snacks will also be provided.



**SESSION LEADER:** Dr. Lisa Pettis  
**DATE:** Tuesday, April 30  
**TIME:** 6:30pm - 8:30pm  
**COST:** Free  
**PARTICIPANTS:** People of Color  
**REGISTER:** Eventbrite: Spank Out Day

# GET IN TOUCH

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Learn more about our events, healers, facilities and how you can offer a program or service:

**CALL** 314.832.1669

**EMAIL** [info@inpowerinstitute.com](mailto:info@inpowerinstitute.com)

**CONNECT**  InPower Institute

**VISIT** 4125 Humphrey St., St. Louis, MO 63116

**[www.InPowerInstitute.com](http://www.InPowerInstitute.com)**