MARCH 27-29, 2020 (Friday, 4:30 p.m. through Sunday, 1 p.m.)

The Sankofa Path: Healing from the Traumas of Racism

A weekend retreat designed for folks who self-identify as US-Born African-American/Black Women with Erva Baden and Isha Vela

As descendants of captured and enslaved Africans, we black and brown folks in the United States have had, and continue to have particular issues and obstacles in our lives based on race. The traumas of our own experiences and those of our ancestors’ experiences continue to live in us. Effects can manifest emotionally, physically, intellectually, and spiritually — sometimes subtly and sometimes more obviously. The study of this phenomenon is called epigenetics, and some researchers are currently focusing on the effects within the US-born African-American community. The Sankofa Path workshop provides an opportunity to uncover what effects might be lingering in our bodies, minds, and spirits and to begin the deep healing necessary to reclaim all aspects of our radiance. By doing this work, we heal ourselves, send healing energy and gratitude back to our ancestors and forward into our collective and individual future.

Registration
Visit www.pendlehill.org, or call Ext. 137 at 610-566 4507 or 800-742-3150 (toll-free in US)

Accommodations
- Private room $495
- Shared room $435
- Commute $300

Fee covers food, lodging, and program
If you need financial assistance, please complete our online Financial Assistance Application

Travel
Pendle Hill is just 15 minutes from Philadelphia International Airport, and 30 minutes outside the city. We are near the Wallingford train station. Take the SEPTA Media/Elwyn line from Philadelphia and call for a pick-up.

For short biographies of workshop leaders Erva Baden, left, and Isha Vela, right, please visit our website: www.pendlehill.org