

# BODIES OF EARTH

A weekend-retreat for  
Black, Indigenous, People of Color &  
Bodies of Culture

A journey into our bodies and into the  
(hi)stories they treasure

An invitation to meet imagination as  
a site of liberation

Groß Kreutz/Havel, 1h west from Berlin

15.-17. September 2023

I invite Black, Indigenous, People of Color, Bodies of Culture and humans not situating themselves under the term “white” for a weekend-journey into our bodies and into the (hi)stories they treasure.

Working at the intersections of embodiment, prayer and social justice, we will co-create a nourishing space for us to be, to go back to matter and to encounter our bodies as territories where (de)coloniality takes place.

Through a somatic approach, we set the stage for a deeper collective understanding of decoloniality as a new/ancient way of being and its relevance in the current inner and outer crisis(es).

We practice expanding in discomfort in order to enable a space where the unknown becomes known and where pleasure, grief and longing expand, queer and open up a space where we remember our birthright to be (in) bliss.

Some of the topics that we will explore are:

- foundations of embodied social justice
- tending to internalised white-bodied supremacy culture
- mending a history of separation
- decolonial spirituality
- the imaginal as possibility

Some of the methods we will practice are:

- journaling
- story-telling
- poetry & spell-casting
- guided movement and meditation
- crafting
- play
- walks in the forest
- ritualwork

We will also have plenty of time to rest, reflect, be, eat good food and digest!

**When:** September 15th-17th, Fr 17h - Sun 17h

**Where:** Groß Kreutz/Havel, 1 h west of Berlin

Unfortunately, the location is not (yet) wheelchair accessible. Wishing to accommodate the needs for different kinds of physical disabilities, please write to me so we can figure out together what we can do to make your participation possible.

**Who:** Indigenous, Black, People of Color, Sinti\*zze & Rom\*nja and Bodies of Culture

**Language:** The shared (spoken) languages will be English and German, depending on the group's needs. I am also fluent in Spanish and trust that we can collectively support each other with needed translation.

*Photo credit: Ana Mendieta, Silueta Series*

Costs: (incl. vegan food and accommodation on mattresses or in your own tent.\*

Regular fee: 190-350 EUR

Low(er) income: 80-190 EUR

I wish that anyone -regardless of their income- will be able to participate. I ask everyone to contribute as much as it is available to them so that the costs of the event are covered.

For people with particularly low incomes or who experience financial stress, there is also the possibility of scholarships and/or installment payments. Feel very welcome to drop me a note if that's your case.

\*Single/double rooms can be booked for 35 or 50 euros/night. On this note, I wish to be alert about the monetisation of the access to rest and sleep.

If you are needing a single/double room and are TRULLY unable to pay for it, please mention it in your application. I will do my best to open possibilities of deep(er) rest for all.

Apply to: [lenta-menta@riseup.net](mailto:lenta-menta@riseup.net)

Feel free to write in English, German or Spanish

Please write a few words about your motivation, your preferred language(s) and how much you would be able to pay for the retreat. Note that nobody will be rejected for lack of funds; this information is rather for me to track how the general costs are getting covered.

So looking forward to drawing maps and exploring landscapes together!

In gratitude,

Dana (*they/sie/ella*)

body of culture of indigenous descent,

latinx artist and sacred activist

dedicated to imagination as embodied social

justice,

committed to tracking the rhythm of decolonial

queer-lifemaking and devoted to weaving the

thread between us and all of life.

[www.lenta-menta.info](http://www.lenta-menta.info)

[@dana.lenta.menta](https://twitter.com/dana.lenta.menta)