

JEDI Rest is Resistance Bi-Weekly Group Practice Schedule

Rest is not a luxury but a non-negotiable, especially when we are trying to disrupt and push back against systemic oppression. In *Rest is Resistance*, Tricia Hersey aka The Nap Bishop encourages us to connect to the liberating power of rest, daydreaming, and naps as a foundation for healing and justice.

This is bi-weekly a story sharing, somatic practice and group dialogue space where we use elements from the book to help guide us towards a collective imagining of what a Rest Culture can look like in our daily lives and in our community.

Week	Date/Time/Location	Topic	Activity	Supporting Materials
1	Wed, Feb 7 Zoom	Grind Culture What is Grind Culture? How has it impacted our lives and commitment to social justice?	Storysharing: In what ways has grind culture gotten in the way of my own happiness? Somatic: Full body scanning and relaxation	Rest is Resistance Excerpt - Preface and Introduction Deprogramming Grind Culture - For the Wild Podcast The Nap Ministry
2	Wed, Feb 21 Zoom	Is Rest a Luxury? What rest is not Rest and social justice	Storysharing: In what ways have I denied myself rest? Why? Somatic: Breathework (Pranayama)	Why we are not resting (pg-60-67) How to rest (pg 80-89) The Embodiment Institute Practices

				4 Ways to Identify & Disrupt White Supremacy in Your Yoga Spaces by Susanna Barkataki Burn out and the Radical Path of Non Abandonment of Self
3	Sat, March 2 <i>Shop Made in Maryland</i> (email phihoang@umd.edu if you need help with transportation)	The Power Dreams, Place and Belonging	Storysharing: What items resonate most with you? Somatic: tea/coffee meditation	
4	Wednesday, March 13 2pm - 3pm <i>ARCH Auditorium (TBD)</i>	The Power of Collective Napping	1 hour in the Auditorium to nap, relax, dream, wonder, bring your own sleeping bag	
	SPRING BREAK			
5	March 26	Resist		
6	Wed, April 10 or Sat, April 13	Resist		

	<i>Marvin Gaye Community Garden</i>			
7	April 23 TBD	Imagination		
8	May 4 (Friday half-day)	Healing & Celebration		