



Reunite & Restore

A Gathering for Well-Being
and Connection

Schedule

FRIDAY, April 10

Registration and Welcome Center at the Jeh Vincent Johnson ALANA Cultural Center - Opens at 3:30 p.m.

Early Arrival Activities (*on your own*)

- Pop-In Wellness Lounge (ALANA Center) – A calming aromatherapy space with relaxing music.
- Visit The Vassar Store – Shop and receive a 15% discount on one item.
- [Buildings and Belonging Tour](#) - Self-guided walking tour that traces the histories of Black life through buildings on Vassar’s campus. (Brochures provided at check-in).
- Workout at the Athletics and Fitness Center (*Vassar alums with ID*).

4:00 p.m. – 6:30 p.m.

- ALANA Center Tours – Student-guided tours
- Memory Wall (ALANA Center) – Add your reflections, photos, and written memories of time spent in the ALANA Center. Photo albums will be on display.

5:30 p.m. – 6:30 p.m.

Restorative Yoga for Mind and Body (Pratt House Meditation Space):

Sign-up required; no drop-in guests.

Join [Robin Shutinya, LCSW](#), for a special trauma-sensitive yoga session. This therapeutic approach to movement and breathwork emphasizes safety, choice, grounding, and empowerment. It incorporates yoga principles and practices to support healing.

7:00 p.m. – 8:00 p.m.

Welcome Gathering (ALANA Center Community Room)

Attire: comfortable clothing and shoes

- Healthy appetizers (vegetarian and vegan options provided), as well as a selection of non-alcoholic drinks.
- Welcome – Event organizers will set the stage for the next day, and ALANA student leaders will offer greetings.
- Slam-Jam Session (Alum and Student Performers) – Poetry, song, and storytelling, to uplift your spirit.

8:30 p.m. – 10:30 p.m.

Well-Being Movement and Dance Session (Kenyon Dance Studio, Room 120)

Experience a light and joyful movement session with [Julian Llanos](#), featuring music and a spirit of play and collective joy.

You don't want to miss this!!

SATURDAY, April 11

8:00 a.m. – 9:00 a.m.

Registration Open

Morning Fuel Station (ALANA Center Community Room)

Fuel up with nourishing snacks, coffee, tea, and energizing options. Chat with ALANA student interns and learn what's new at the Center.

9:30 a.m. – 10:30 a.m.

Meditative Sound with Ben Brown, HND + TMPL (The Aula)

[Ben Brown](#) offers a sound bath meditation to reduce stress, increase mindfulness, and experience overall relaxation.

11:00 a.m. – 12:30 p.m.

Move. Think. Rest.: A New Metric for Success and Flourishing (Kenyon Dance Studio, Room 120)

[Dr. Natalie Nixon](#), Vassar Class of 1991, believes we're in the middle of a human revolution. In this 90-minute workshop, you'll learn about her transformative Move. Think. Rest. human-centered operating system and leave with practical

techniques that offer a fresh take on productivity, moving you beyond outputs-only metrics to a cultivation mindset. Get ready to recharge, play, and reframe for the Imagination Era.

Bonus: The first 50 attendees will receive a signed copy of her new book, *Move. Think. Rest.- Redefining Productivity & Our Relationship with Time!*

12:45 p.m. – 2:15 p.m.

ALANA Block Party Lunch (outdoors, weather permitting; otherwise, it will be held in The Aula)

Join students and staff for the ALANA Block Party! Includes visual displays and an invitation to alums to help sustain the Center.

2:30 p.m. – 4:00 p.m.

An Introduction to Herbal Infusions (The Aula)

Join [Antonia Estela Pérez](#) of Herban Cura for an immersive tea-making workshop. Discover the art of crafting personalized herbal blends using fresh, healing botanicals, tailored to support well-being. Leave with your own custom tea creation and practical knowledge to nurture your body at home.

4:30 p.m. – 5:30 p.m.

Guided Mindfulness Walk & Closing Reflection Circle (Pratt House Labyrinth)

Gather together for a communal close to the retreat. Share highlights and take a moment to recognize being in community. Professor Justin Patch will lead us in walking meditation.

6:00 p.m.

Depart campus