



2021
SPRING
CREATIVE
CARE
PRACTICES

**Tools for uplifting your
mental and emotional wellbeing**

BLACK WOMXN FLOURISH

NURTURING OURSELVES + OUR CREATIVE PRACTICE

AN INVITATION TO OUR COLLABORATORS AND CREATIVE
COMMUNITY TO PRACTICE CARE TOGETHER

The energy of spring has arrived and our collective team at Black Womxn Flourish has officially introduced our virtual, seasonal Creative Care Sessions! As an expression of continued care, we're designing digital takeaways with tools, practices, reflection questions and prompts for creative nourishment.

When our team (Denise Shanté, Precious and N'Deye) seeded this vision in December of 2020, we knew we wanted to generate a holistic, collaborative offering that could nurture ourselves and our creative practice through the seasons. We also felt a deep and necessary desire to extend this invitation to our creative community to practice care with us.

What we experience in each session will leave us with much to ruminate, so our intention for this takeaway is to offer a continual place where we can tend to our mental and emotional wellbeing for the weeks to come.

The practices, mindful ruminations and creative invitation are inspired by our spring session, Unlocking the Mind: A Sound + Movement Journey with Karine Fleurima that happened virtually on Saturday, May 1st, 2021.

Karine Fleurima (IG @wikkid_beat), a multidisciplinary artist whose work is based in Afro-futurist feminist concepts, integrated sound healing and embodied movement to guide participants through a journey to unlock the mind's potential for compassion and resilience. After this 90 minute virtual immersive somatic based session, some of the words our community used to describe their experience were: grounding, cleansing, joyous, floating, beaming, expansive, restorative, beautiful and full.

As we move out of the somatic immersion and begin integrating the vibrational rhythms into our every day lives, we offer the care we received back to our communities. With these Creative Care Session offerings, we will affirm the nourishment that we collectively need as we continue the long-term work of building the conditions necessary to redefine and design what it means for Black womxn to be well.

**To flourishing by design,
Denise Shanté, Precious and N'Deye**

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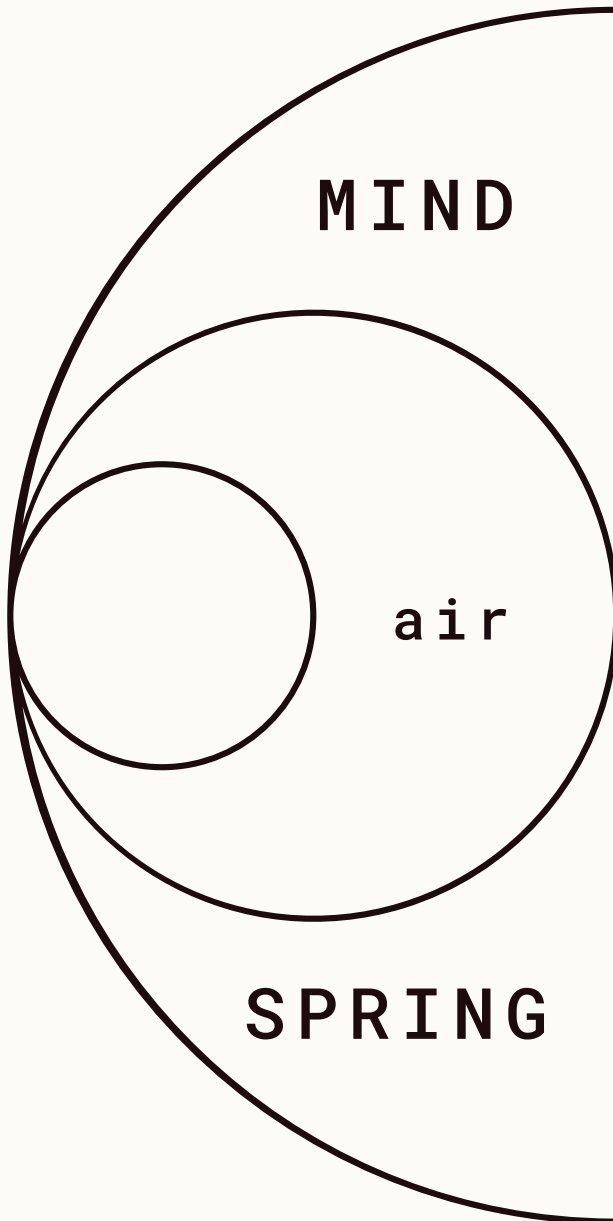
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INTEGRATING + BLOOMING

PRACTICES YOU CAN INTEGRATE FOR INNER AND OUTER BLOOMING

“As with the flower in full bloom,
you allow yourself to open into the earth.”

– KARINE FLEURIMA



SOUND HEALING

Clear and align your mental energies through vibrational healing frequencies such as singing, humming, moving to the beat of a song, and singing bowls.

FLOWER GAZING MEDITATION

Lovingly examine the form of a flower as a compelling mindfulness practice. Notice its contours, textures, colors and smells to connect with nature's life energy.

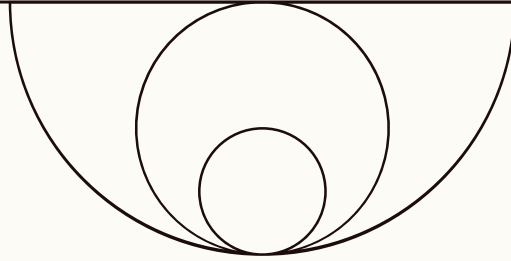
SELF-COMPASSION LETTERS

Write a letter to yourself from the perspective of a loving companion. Explore other ways you can “write” a letter with your body, through art, and expansive, creative forms.

BREATHWORK

Build a transformational relationship with your breath to cultivate spaces of inner peace, calm and release. Explore what it feels like to deepen your inhales and exhales throughout the day.

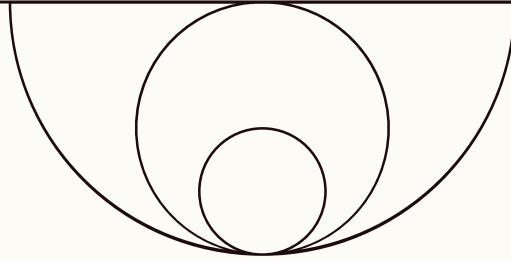
MINDFUL RUMINATIONS



DESCRIBE ONE OF THE WAYS YOU'VE BLOSSOMED FROM
LAST SEASON TO NOW.

WHAT WOULD YOUR DAILY RHYTHMS AND RITUALS LOOK LIKE
IF YOU BEGAN TO SAVOR WHO YOU'RE BECOMING?

CREATIVE INVITATION



WRITE A LETTER, POEM, AFFIRMATION, OR SONG THAT SPEAKS
TO THE COMPASSION YOU NEED TO HEAR THROUGH THIS SPRING SEASON.
WHAT DOES YOUR MOST LOVING, ACCEPTING SELF FEEL COMPELLED TO SAY?

GRATITUDE

We extend a loving thank you to those who were able to share space with us so fully throughout the session.

We also thank the Black Women and Girls Fund for generously funding our 2021 Creative Care Sessions and recognizing our fresh approach to nurturing the wellbeing of Black womxn as we do transformative work.

IF YOU'D LIKE TO SHARE ANY OF YOUR RESPONSES GENERATED THROUGH THIS TAKEAWAY, WE'D LOVE TO HEAR HOW YOU'RE PRACTICING CARE! YOU CAN EMAIL US AT DESIGN@BLACKWOMXNFLOURISH.CO OR TAG US IN YOUR INSTAGRAM SHARE, @BLACKWOMXNFLOURISH.

