



Women's International League for Peace and Freedom

Presents

***“Journey within to Peace” – a Vibrational Sound Bath Experience
Towards Activists’ Self-Care and Relaxation for the Spring Equinox***

Tuesday – March 19, 2024 – 8pmET/7pmCT/5pmPT

Suggested Donation - \$20

Featuring:

Melissa Blue Muhammad

International Healing Artist

With Dr. Jeneve Brooks & Martha Collins



[REGISTER HERE FOR ZOOM LINK](#)

2024 is arguably the most critical year of our activist lives – from dealing with persistent war and nuclear tensions to the accelerating pace of climate change. People of color continue to face discrimination, while anti-democratic tendencies are rising. And now we are in **the 2024 primary elections!** As progressive activists, it can feel overwhelming. We crave moments of **REST**, relaxation, and **CONNECTION**... just to **BE**, in **PEACE**.



Photo Credit: Johnny Silvercloud

***CENTER and RENEW with this unique virtual gathering for
the EQUINOX! 75 minutes to take care of YOU...***

March is also Women’s History Month, and WILPF US wants to recognize that! We encourage your rest and rejuvenation in these challenging times.

Join **[Melissa Blue Muhammad](#)**, mother, wife, jeweler, spoken word and healing artist as she presents a ***Spring Equinox therapeutic sound bath experience entitled “The Journey within to Peace.”*** Melissa Blue is the founder of Allah Mode—a restorative space designing healing experiences through wearable art, reiki and sound therapy. Experience relaxation, healing sensations, internal harmony and creative imagery produced during this year’s Spring Equinox therapeutic sound bath experience.

WITH...



Dr. Jeneve Brooks, WILPF US Strategic Support & Initiatives Coordinator, is a sociologist, researcher/activist, lover of music/film/dance and a seeker of self-care/spiritual pursuits. She will reflect on the Spring Equinox and lead us in somatic techniques for finding calm and relaxation.



Martha Collins, Vice President, Milwaukee United Nations Association and Co-Chair of WILPF’s Development Committee believes that self-care is integral to maintaining one’s balance in our ongoing social justice work. She will spearhead an engaging session reminding us to practice the benefits of the Wellness Wheel.