



Race in America
October 7-14, 2018

This itinerary is subject to change and evolution.

Sunday, Oct. 7 - Arrival and Orientation (D)

Make your flight arrangements to fly directly into, and out of Birmingham's Shuttlesworth International Airport (named after civil rights activist Reverend Fred Shuttlesworth).

Hotel check in is available after 3pm.

We will gather at our hotel in the late afternoon for our orientation and dinner.

5:30pm Orientation Meeting & Briefing

Welcome by Seane, Nikki and Annabelle.

7:00pm Welcome Dinner (at hotel)

(Overnight in Birmingham, AL)

Monday, Oct. 8 (B, L)

7:30-10:00am Yoga Practice followed by breakfast

11:00am–12:00pm - Grounding/Intro w/ Seane & Nikki

1:00pm - Lunch (at hotel)

2:00pm- 6:00pm – Groundwater Workshop with Racial Equity Institute. (at hotel)

Break

7:30pm Time free for Dinner

(Overnight in Birmingham, AL)

Tuesday, Oct. 9 (B, L, D)

7:00-9:30am - Yoga Practice followed by breakfast

10:30am - Check out of hotel & depart for Montgomery (90 min drive)

12:00pm – Lunch (location TBD)

1:00-2:30pm - Visit to Equal Justice Initiative & Legacy Museum

The Equal Justice Initiative is committed to ending mass incarceration and excessive punishment in the United States, to challenging racial and economic injustice, and to protecting basic human rights for the most vulnerable people in American society.

2:30-4:00pm – Peace & Justice Memorial Park

6pm – Check into hotel & Dinner (at hotel)

7:30pm - Process work at hotel w/ Nikki & Seane

(Overnight in Montgomery, AL)

Wednesday, Oct. 10 - Excursion to Selma (B, L)

7:30-10:00am – Yoga practice followed by Breakfast

11:00am - Excursion to Selma (approx. 45 min drive)

12pm – Lynch Park

1:00pm – Lunch (boxed lunches in the park)

2:00-4:00pm – Edmund Pettus Bridge, where a group of approximately 500 civil-rights advocates left Brown Chapel on March 7, 1965, and attempted to cross the Edmund Pettus Bridge to march along US Route 80 to Montgomery, the state capital. At the bridge, the Alabama State Police blocked the road and ordered the assembled marchers to disperse. When the marchers refused, the troopers attacked and beat them, forcing them back to Brown

Later, stop at the **Lowndes Interpretive Center**, which is the site of a memorial dedicated to **Viola Liuzzo**, a white civil-rights activist from Michigan who was murdered by the Ku Klux Klan in 1965.

4:00pm Return to Montgomery Hotel (45 min drive)

5:30pm Processing Circle

7:00pm – Free Time for Dinner

(Overnight in Montgomery, AL)

Thursday, Oct 11 - (B, L)

7:30-10am - Yoga Practice followed by breakfast

10:30 am - Visit the **Rosa Parks Museum**. The museum is set in front of the bus stop where Parks took her stand and features a video re-creation of that pivotal moment that launched the 1955 Montgomery bus boycott by African Americans that lasted over a year. It paved the way for the abolition of segregation in the South, launched the civil-rights and voting rights movements, and catapulted 26-year-old Baptist minister Martin Luther King Jr. onto the world stage.

12:30pm – Lunch (location TBD)

2:00pm - Visit the **Freedom Riders Museum**, which is located in a former Greyhound bus station. This is where on May 20, 1961, a group of Freedom Riders were attacked by a local mob. The museum explores a compelling American story using artwork as well as quotations, photographs, and architectural elements.

3:30pm - Exchange with the **Southern Poverty Law Center** and meet with (requested) **Lecia Brooks**, who leads outreach efforts on key initiatives and social justice issues. We will review the state of civil rights today and examine the state of active hate groups today.

<https://www.splcenter.org/fighting-hate/intelligence-report/2017/year-hate-and-extremism>

5:30pm - Return to hotel for break – evening free for Dinner

(Overnight in Montgomery, AL)

Friday, Oct. 12 (B, L)

7:30-10:00am Yoga Practice followed by breakfast

10:30am – check out of hotel and head back to Birmingham (drive is approx. 90 minutes)

12:00 Noon - Today we will start with a guided visit to **the 16th Street Baptist Church** in Birmingham, that is frequented predominantly by African Americans. In 1963, the church was the target of the racially motivated bombing that killed four young girls in the midst of the Civil Rights Movement. The church is still in operation and is a central landmark in the community,

1:00pm Lunch on Dexter Street, which has been an avenue of change over its many years. Dexter Street is where many momentous historical events occurred, including where the order to start the American Civil War was sent by telegram; where Martin Luther King Jr. accepted his call to ministry; and where Rosa Parks refused to give up her bus seat.

2:30 pm Visit to the **Civil Rights Memorial**, created by Vietnam Veterans Memorial designer Maya Lin. Here A circular black granite table records the names of the martyrs and chronicles the history of the Civil Rights Movement. The plaza is a contemplative place to remember the Civil Rights Movement, to honor those killed during the struggle, to appreciate how far the country has come in its quest for equality, and to consider how far it has to go.

3:00pm - Visit the **Civil Rights Institute**

5:00pm – Check into hotel

6:00pm - time for gathering/processing at hotel

7:30pm - Free time for Dinner

(Overnight in Birmingham, AL)

Saturday, Oct.13 (B, L, D)

7:00-9:30am - Yoga Practice followed by breakfast

10:00am - Powerful presentations by Christian Picciolini & Shannon Martinez on Life after Hate.

1:00pm - Lunch at hotel w/ Christian and Shannon

2:00 – 4:30pm pm - Learn about the work of **Black Lives Matter. We will meet with a local chapter representative.**

Black Lives Matter has been embraced for what it is: a call to public engagement, demanding greater transparency and accountability in policing. Those reforms, as detailed by Campaign Zero, include, “a comprehensive package of urgent policy solutions — informed by data, research and human rights principles — that can change the way police serve our communities.”

5:00pm Head back to our hotel.

6-7:30pm – Processing/Closing w/ Nikki & Seane

8:00pm - Enjoy a Farewell Dinner - exact location TBD


(Overnight in Birmingham, AL)

Sunday, Oct. 14 (B)

7:30-9:30am – Yoga Practice followed by breakfast

**10:30am - Optional morning church services at 16th
Baptist Church (service starts at 10:45am).**

1:00pm - Check outs & transfers to Birmingham Airport

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