

REACH

RADICAL EQUITY AND COLLECTIVE HEALING



Loving Kindness Meditation for Solidarity + Healing

with Drs. Paulina Abustan & Dana M. Stachowiak

Wednesday, **MARCH 24** from **2-2:30p**

Zoom ID: **870 0591 2048**

Passcode: **603590**



Dr. Paulina Abustan (they/them) centers the alternative worldmaking of intersectional disability justice and queer critical race feminists found within elementary school, youth popular culture, and transgender, nonbinary, queer, and diasporic Pilipinx social justice and decolonial learning spaces. They are currently a cofounder and academic success coach of UW Bothell's Academic Success Coaching Program and a Disability Culture lecturer of UW Bothell's Educational Studies.

Dr. Dana M. Stachowiak (any pronouns respectfully) is the Director of the UNCW Gender Studies & Research Center and an Associate Professor of Curriculum Studies. In addition to studying mindfulness for the past 15 years, Dana has been trained through Mindful Schools in Mindfulness Foundations, Self-Compassion, Mindful Communication, and Working with Emotions. Dr. Stachowiak is currently working on their mindful teacher certification, which they will complete in 2022.

