



## ONLINE ACADEMY DAY APART – SATURDAY, SEPTEMBER 26, 2020 – 9 am to 5 pm (CDT)

Join Safiyah Fosua and Amy Oden in an Online Academy Day Apart that combines historical witness, embodied practice, faithful engagement, and healthy conversation to illumine the path for justice-centered faith communities of the future.

Following the Academy rhythm of praying the hours, the Academy Day Apart includes:

- Pre-retreat reading, viewing, and listening material with journal prompts
- Pre-retreat “Creating Sacred Space at Home” guide
- Day-of LIVE interactive and embodied teaching with Safiyah Fosua + Amy Oden
- Day-of LIVE Academy Worship
- Day-of invitations into prolonged silence and prayer
- Day-of small group discussion
- Day-of free time and breaks
- Link to yoga + holy movement practice accessible for all abilities to practice day-of or post-retreat
- Post-retreat reading + engagement for going deeper

Space is limited. Apply by September 1, 2020 at <https://academy.upperroom.org/event/dayapart/>

Rates for participation in the retreat are\*:

- \$60 full registration rate
- \$120 full rate + sponsor another participant
- \$40 student rate

*\*The Online Academy Day Apart is valued at \$120; however, we're offering the course at half of that—\$60/participant.*