**Name of Organization: Black Being**

**Website URL:** Blackbeingla.org

**Address:**

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**5 Keyword Descriptors: *Mindfulness, Wellness, Yoga, Community Care, Healing, Meditation***

**Mission Statement:**

Black Being honors and prioritizes Black people at every stage of their healing journey. We exist to encourage physical, mental, and emotional wellbeing, through practices and programs anchored in culture, belonging, and ancestral wisdoms.

**Target Population:**

* Black adults in South LA (over 17y/o) - everyday South Los Angeles residents that are curious and looking for ways to explore and integrate holistic care in their wellbeing efforts. This group is inclusive of all Black people and welcoming of groups of other racial identities. Our programs and services are designed to be trauma-conscious, physically accessible, and priced appropriately for low-income community members.
* Black Wellbeing Practitioners - Black identifying local practitioners (e.g: yoga teachers, meditation teachers, therapists, social workers, counselors, acupuncturists, doulas and midwives, reiki masters, masseurs, etc) offering healing services to community members, who are also interested in trauma-conscious continuing education, cultivating professional community, and seeking wellbeing for themselves. In essence, Black Being will be an environment for yoga, meditation, and community facilitators to deepen their knowledge of providing holistic care to Black people particularly.
* Black-Serving Groups - prioritizes relationship building with government agencies, businesses and corporations, organizations, and community leaders with the advancement of our mission at the core. Black Being has a demonstrated track record of creating meaningful partnerships with other organizations and utilizes this approach to expand our service reach. We partner with organizations to deliver wellbeing services to their staff and constituent base.

**How many clients will you serve and how often?**

* Daily classes
  + M-Thurs (4-5 classes = 60 people/day = 240/week) = 960/month = 11,520 year
  + Sat-Sun (2 classes a day = 30/weekend = 120/month = 1440/year
* Monthly workshops (20) = 240/year
* Quarterly wellness clinic (200) = 800/year

**Total Annual: 14,000 This number also includes repeat clients/members**

**What geographical area will your organization serve?**

South Central Los Angeles and Inglewood Community

**Describe the Gap your organization will fill?**

Advances trauma-conscious holistic social healing practices for members of the South Los Angeles community

* Increases access/experience various healing modalities and contemplative practices
* Bridges connection between South Los Angeles community members and Black healing-practitioners
* Encourages participation in community/group healing sessions grounded in the shared experience of Black identity
* Introduces community members to new tools for healing that they can incorporate into their daily lives (and hopefully share with their loved ones)
* Offers a regular physical and emotional space for prioritizing wellbeing, connection, and belonging
* Offers an engaging space and programming that centers Black joy, healing, and liberation
* Explores storytelling and ritual as pathways to intergenerational healing and remembrance
* Employs local wellbeing practitioners at livable wages to ensure sustainability in offerings/programming and community

**Describe the innovation in how your organization fills the gap.**

The Black Being audience is composed of intergenerational Black individuals and collectives, disappointed and disillusioned by the traditional approach of the care industry - which feels inaccessible to them (economically, culturally, spatially), and is unequipped to properly address their personal experiences as a Black person (i.e. systemic inequities limitations, individual and collective trauma). This lack of representation and negligence is failing them, affecting their overall well-being on a multigenerational level and they want to break that cycle starting with their own healing.

Through mindfulness and holistic practices (i.e. yoga, psychology, meditation, and more) we aim to remedy the lack of representation and reflection of the Black experience in the health care and wellness industry in our community of Los Angeles and Inglewood. By creating the possibility for holistic, grounded growth we believe our individual healing will lead to our collective liberation.

**PROGRAM DESCRIPTION: ONE**

What are your organization's programs?

Daily + Monthly meditation, yoga and movement classes + workshops

Program Title:

Black Being Daily MPE (mental, physical, emotional) (don’t have a name for this yet)

Services Provided:

* 1.25-hour classes of Black-affirming yoga, meditation, embodiment and/or healing practices in a group format
* 1-2 hour monthly workshops that support members w/ deepening their meditative, yoga or personal care practice in a group format.

Measurable Goals:

Increase the number of accessible wellbeing practices that are being offered in the South LA + Inglewood Community.

Offer more opportunities for local wellness practitioners to offer healing practices in the local community

Increase alternative practices that can serve as a backdoor to healing and psychological services that are often viewed as taboo to the local communities

By how much?

Reduce the stress and anxiety levels of our members by 20%

Increase the number of classes being offered in the local community support the mental, physical and emotional wellness by 50%

Program Objectives:

Daily classes are designed to support the daily needs of people seeking to incorporate movement and mindfulness in their regime. Classes range from various abilities (beginner classes, advanced, restorative classes, chair movement for limited mobility)

Additionally, the monthly workshops are a way for members to deepen their practices in a longer format that can continue to support their daily practice.

How often are your programs offered? DAILY AND MONTHLY

How long will your programs run? ONGOING

How often will be your programs be offered?

Classes are 6 days a week  
Workshops are once a month

How long is the program? ONGOING

**PROGRAM DESCRIPTION TWO**

What are your organization's programs?

\* Black Being Care Clinic (Healing Clinic - Acupuncture, Reiki, Massage)

This day is designed with onsite individual and group services/sessions that attend to the mind, body, and spirit.

Program Title:

Black Being Care Clinic (Healing Clinic - Acupuncture, Reiki, Massage)

Service Provided:

This day is designed with onsite individual and group services/sessions that attend to the mind, body, and spirit. All services are abbreviated and offered at discounted rates to encourage community engagement and access.

Have the option of purchasing products to integrate into their self-care

Support Black owned healing businesses local to Los Angeles

Measurable Goals:

The Care Clinic will increase the visibility and understanding of ancient/traditional holistic treatment and remedies that support the are often not practiced with members from the South LA and Inglewood community. Build a connection with local health service providers as an alternative place to refer clients who experience chronic pain, limited mobility and stress, anxiety and grief management.

By how much?

100-200 people will have the opportunity to consult one on one with healing practitioners

25% of participants will learn new tools from their group healing/wellness session

15% will experience a decrease in physical pain, grief or other forms of burnout

Program Objectives:

The Black Being Semiannual Care Clinic is a daylong immersion. The clinic brings together multidisciplinary healing practitioners and vendors cultivating a space of belonging, access, healing, and movement.

* Available traditional medicine and therapeutics services such as: Acupuncture, Reiki, Massage/Cupping
* Onsite physical therapy + stretch techniques for mobility, Nutrition
* Doula, birth worker + prenatal consults

How often are your programs offered? Semi-annual

How long will your programs run? 4-6 hours

How often will be your programs be offered? Twice a year

How long is the program? Ongoing

**PROGRAM DESCRIPTION THREE**

What are your organization's programs?

A monthly speaker series that is facilitated by certified wellbeing practitioners, licensed psychologist, experienced teachers that offer healing engagements through dialogue and meditation practice.

Program Title:

\* Black Being Community Dialogue (Don’t have a name for this)

Service Provided:

These sessions promote personal rest, renewal, and connection creating space for discussion on how to sustain wellbeing practices.

The object for the program is to:

* Offer a regular space for wellbeing, connection and belonging
* Build connection between people and healing practitioners in the local community
* Introduce practice, concepts and modalities to the local community
* Offer a monthly space that is fun, engaging and promotes healing and connection.
* Address topics of discuss for our community that are usually not addressed

Measurable Goals:

Communities of color within South Los Angeles and Inglewood experience racism on the individual (internalized), interpersonal, institutionalized, and ideological levels. Processing and dealing with layers of individual trauma on top of new mass traumas from COVID-19 (uncertainty, isolation, grief from financial or human losses), police brutality and its fetishization in news media, and divisive political rhetoric adds compounding layers of complexity for individuals to responsibly manage.

Our aim is to reduce stigma and oppressive ideologies around holistic healthcare + increase the community trust that is often missing in our communities.

By how much?

An increase of member attendance by 5% each month

Program Objectives:

We’ll offer monthly workshops to our members and local community.

We’ll continue to survey our members and attendees to ensure the topics are relatable to the community needs.

How often are your programs offered? Monthly

How long will your programs run? 2-2.5 hours

How often will be your programs be offered? Once a month

How long is the program? On-going

Year of inception: Year incorporated 2019 / year of incorporation 2020

Why organization was founded:

In 2019, our founding team launched the first-ever South LA Wellness Tour (“The Wellness Tour”) with a microgrant provided by a corporate sponsor. The Wellness Tour was a free immersive community-led experience designed to deepen mindfulness-based practices in the South Los Angeles area. The tour offered activations and workshops led by community members and wellness practitioners while partnering with local businesses, organizations, and city agencies. During the tour week – we employed nearly 30 local wellness practitioners, artists, and thought-leaders from the community to share their gifts. Over 500 people attended our workshops over the 7-days. Tour attendees repeatedly asked us “what’s next for South LA Wellness?” – Black Being is our answer. Black Being was born out of the need of Black people of South Los Angeles to have a dedicated space to access wellbeing programming.

What has been the organization's biggest program challenge?

One of the major barriers we have had for our programs is access to available physical space. Even if attendance was high

we were often left with multi-use spaces or outdoor parks which meant if the space was unavailable, the programs could not operate and if weather didn’t permit, we would be forced to cancel. Additionally, accessibility needs could not be met.

How has the organization overcome that challenge?

Much of our in-person programs were halted by COVID, but offered us an opportunity to offer programming online. Although still inaccessible to many within our community.

What is the organization's greatest accomplishment since its incorporation?

We acquired our first multi-year donation. This donation has helped us to acquire a physical brick and mortar space which we will now house our programs and classes. The space offers us an opportunity to lead classes for people with limited mobility with use or props and an indoor space.