

Black exhale

MEDIA ALERT

FOR IMMEDIATE RELEASE

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BLACK EXHALE TO HOST JUNETEENTH EVENT FOR HEALING AND RESTORATION IN THE BLACK COMMUNITY

'IF I CAN'T BREATHE, THEN I WILL HOLLER!'

NEW YORK, NY (June 17, 2020) - Bring your pain, your rage, your grieving, your tears, your light, your joy. This Juneteenth, **Black Exhale** presents a restorative healing gathering to honor the sacredness of Black Lives and to release collective trauma. This free outdoor live event, also available for viewing via livestream, will create a space for Black individuals to set their embodied emotions free through movement, while non-POC "allies" practice holding space, capacity to witness, and send healing love.

The event is free and open to the public. Masks are encouraged. Event registration required at <https://www.eventbrite.com/e/juneteenth-sacred-gathering-tickets-109667492422>. Learn more at www.blackexhale.com or via Instagram at @blackexhale

WHAT: A restorative healing live/livestream event for Black individuals to collectively embody and release shadow emotions, while allies practice holding space and capacity to witness. Event will include moments of silence to honor lives taken and lost, a guided heart opening meditation, guided somatic exercises to create safety in your body. Black Exhale is a FREE event and open to the public.

WHO: Black Exhale, a movement created by Antoinette Cooper

WHERE: Empty Cloud Monastery, West Orange, NJ
29 Ridgeway Avenue, West Orange, NJ 07052 (Google Maps)
(located just outside of NYC; transportation available via PATH and/or NJ Transit; detailed travel directions can be found [here](#))
Livestream *(link provided upon request)*

WHEN: Friday, June 19th, 2020 (Juneteenth)
7pm EST / 4pm PST

WHY: Black Exhale is about healing. "Black Exhale is about declaring Black life as safe and sacred," remarks Antoinette Cooper, founder of Black Exhale. "If the American ritual has been the denigration of the Black body, then our transformation must come in the form of disrupting our collective narrative. This event is about healing the ancestral wounds - black and white - that continue to mar the American imagination."

For media inquiries, please contact leah@llkentpr.com | For further information, visit www.blackexhale.com

Downloadable images and media materials can be found at blackexhale.com/media

For event media access, please contact antoinette@blackexhale.com

Photos from the event can be made available upon request.

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