



Who or what inspires you to rest?



Let this zine be the first of many times you explore what rest means and looks like to you...

ROOT's mission is to support the very ecosystem of rest for BIPOC movements builders



In a world that tells us to go go, finding time to honor our need for rest is vital.

What is this current season telling you about rest?

List examples of rest you are seeing in nature, the world around you!



FOR MORE



INFO

RECLAIMING OUR OWN ROOT TIME

