

THE OSHUN CONFERENCE

2025 PRE-CONFERENCE GUIDE





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“When Black women gather, there is a healing. There is a knowing. There is a power that cannot be denied.”
— Unknown

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QUICK REFERENCE



Schedule subject to change; times and locations may be updated with later notice.

Friday, May 2, 2025

3:00 PM	Conference Check In Begins.....Lobby Ipads will be in place for you to conveniently check in and print your badge for the weekend.
4:00 PM	Room Check In.....Front Desk
5:00-6:00 PM	From One Sister to Another (Hands on Session).....Ballroom Area
6:30-7:30 PM	Welcome Reception.....Ballroom Includes Return to Self Session
9:00-11:00 PM	Pajammy Jam.....Ballroom Includes Line Dancing

Saturday, May 3, 2025

8:00-8:45 AM	Sunrise Sesion.....Outside Patio Includes Finding Your Inner Compass
10:00 AM-4:00 PM	Black Woman Owned Marketplace Opens.....Ballroom
11:00 AM-1:30 PM	A Brunch in Oshun's Garden.....Ballroom Includes Evolved, Elevated, & Empowered Session
2:00-3:00 PM	Rewriting Your Money Story (Financial Session).....Ballroom
6:30-10:00 PM	Black Women Honors Gala.....Ballroom

Sunday, May 4, 2025

9:00-10:00 AM	Farewell Session.....Outside Patio Includes Movement is Medicine
11:00 AM	Room Check Out.....

FEATURED WORKSHOPS

The Oshun Conference is intentionally designed to offer the richness of a conference experience—complete with workshops—while also making space for rest, reflection, and ease. The schedule is **thoughtfully paced**, giving you time to explore the hotel’s amenities, unwind, and truly care for yourself. **All workshops are woven into the flow of the weekend to support a balanced, nourishing experience from start to finish.**

MENTAL & EMOTIONAL WELLNESS

Evolved, Elevated, and Empowered

This session features roundtable discussions that will address the many roles Black women hold—and the weight that comes with them. Whether it’s motherhood, building a career, showing up in community, running a business, or just trying to pour into ourselves, it can feel like we’re expected to do it all, all the time. The pressure is real, and so are the tolls it can take on our mental health, energy, and joy. During this session, we’ll reflect on what it means to care for ourselves while caring for so much, and explore ways to reclaim balance, set boundaries, and create rhythms that feel more nourishing and sustainable.



LaToya Jenkins

Vice President for
Enrollment Management
and Student Experience



Malkia Johnson

Director,
Counseling Services

FINANCIAL WELLNESS

Rewriting Your Money Story

In this session, we will explore the ways our money stories have been shaped—by family, survival, society, and sometimes, trauma. Rewriting Your Money Story is about unlearning harmful beliefs and habits around money that may be keeping us stuck in cycles of stress, scarcity, or even unsafe relationships. Together, we’ll have an honest conversation about financial independence, healing, and growth. You’ll leave with practical tools, fresh perspectives, and the confidence to take meaningful steps toward a more secure and empowered financial future.



Lori Carter

CEO, Solomons Financial
Solutions LLC



Jane Hoy

Assistant Director,
Salisbury Neighborhood
Housing Services



Lyndsae' Peele

Founder & Principal
Consultant, Kingdom
Vision Consulting

Return to Self: A Sacred Pause

We will open The Oshun Conference with a guided moment that gently calls us home—to our bodies, our breath, our power, and our truth. A space to pause, exhale, and return to the self that's often been buried beneath the roles, expectations, and survival.

Each woman will be invited to create a visual or written “reclamation card” or “intention token”—a simple, beautiful keepsake that symbolizes what they're calling in for the weekend ahead.

Movement is Medicine

In this session, we will reconnect with our bodies through gentle movement and mindful stretching, guided by the rhythm of our breath and the calming presence of the water. Set outdoors along the waterfront, this experience is an invitation to slow down, release tension, and listen to what our bodies are asking for. Whether you're moving to awaken your spirit or simply to be still and present, this is your space to restore, recharge, and return to yourself.

will be moved indoors in the event of inclement weather



**Whitney Brewington,
200RYT**

Fearless Action

Line Dancing

In this session, we will move in rhythm, celebrate our joy, and let loose through classic and contemporary line dances that get the whole body smiling. No experience needed—just bring your energy and let the music lead.



Ashley Cook

Cash Crew Steppas

Finding Your Inner Compass Through Nature's Healing Power

In this session, we will take a mindful walk through nature, connecting with the earth beneath our feet and the peace all around us. As we move, we'll focus on grounding ourselves, embracing the present moment, and nurturing both our physical bodies and spirits. This walk is an invitation to clear your mind, restore your energy, and find balance through the simple act of being in nature.

From One Sister to Another: A Hands-On Offering of Care

This workshop centers community care as a powerful form of resistance and love. We'll create care kits for Black women who are in the process of fleeing or healing from domestic and sexual violence.

Each kit will be filled with essentials—hygiene items, comfort goods, affirmations, and wellness touches—that say: you are not alone. As we assemble, we'll also reflect on the systems that harm us, the power of sisterhood, and how small acts can ripple outward to create real impact. Centering empathy, compassion, and connection to others' experiences not only uplifts those we serve, but also nourishes our own emotional wellness by reminding us of our shared humanity and the healing power of showing up for one another.



HOTEL AMENITIES

On-Site Amenities

- › Indoor & Outdoor Pools
- › Spa
- › Golf Course
- › Fitness Center
- › Game Room

Sports Courts

- › Sand Volleyball
- › Tennis
- › Frisbee Golf
- › Pickleball
- › Mini Golf

Blackwater Adventures *Rentals*

- › Riverboat Cruise
- › Boat Rentals
- › Jet Skis
- › Sailing
- › Kayaks
- › Bicycle
- › Stand Up Paddle Boards
- › Fishing Charters
- › Sporting Clays
- › Shuttle Busses

To make a reservation, you may contact Blackwater Adventures directly at 410.901.9255 or info@blackwateradventuresmd.com



THINGS TO REMEMBER

> Please ensure that your hotel room is booked under the Oshun's Garden block

If you did not use the designated room block to book your room, please reach out to us as soon as possible!

> Final Balances

If you set up a payment plan for your conference registration, all balances must be paid by Friday, April 18, 2025.

> Support Our On-Site Vendors

Our Black Woman-Owned Marketplace on Saturday will feature a range of businesses and organizations who need our support.

> Silent Auction

We have some great items lined up for a silent auction during the Black Women Honors Gala. Funds raised from the gala will support Oshun's Garden's programs.



If you still have questions, please check the FAQ section of the conference website at www.oshungarden.org/conference

If you do not see your question answered, please email us at info@oshungarden.org

Dress Code & Theme Guide

Get ready to embrace each moment with style! Our dress code guide ensures you're prepared for every event, from the Welcome Reception to the Black Women Honors Gala. Dressing with intention helps elevate the experience, making each moment even more special.

FRIDAY

Welcome Reception Comfortable & Cute



SATURDAY

Brunch YELLOW* chic (no jeans)



SUNDAY

Farewell Session WHITE* spring (no jeans)



FRIDAY

Pajammy Jam Cozy & Cute Pajamas



Bonus points for cowboy hats, boots, and clacking fans for line dancing

SATURDAY

Black Women Honors Gala Elegant & Formal



If you plan to do the nature walk or use any of the facility's fitness equipment, be sure to pack workout clothes.

If you plan to take a dip in the pool, be sure to bring your bathing suit and any other necessary swimming gear.

Extra clothes never hurt, just in case. (:

SEE YOU
SOON!

