

# About

The Nap Ministry is a meditation on naps as resistance. It is an artistic, historical and spiritual examination on the liberating power of naps. It reimagines why rest is a form of resistance and shines a light on the issue of sleep deprivation as a justice issue. It is counter narrative to the belief that we all are not doing enough and should be doing more. We are community centered. We are focused on radical self-care.

