



Shining the Light | Yoga and Racial Justice

Embodied Learning Summit 2018

Saturday, February 24 | 9 - 4
Duke University East Campus

Welcome to the 2018 Embodied Learning Summit!

This summit is for youth, teachers, organizers, social workers, creators, students, healthcare providers, researchers, yogis, healers, and anyone interested in developing skills in mindfulness and racial justice!

Racism, oppression, and white supremacy are deeply embedded into our society - historically, systemically, and culturally. It's time to start having meaningful and difficult conversations about racism, oppression, and injustice in this country. As yogis, healers, educators, and mindfulness practitioners, we have a responsibility to put our yoga practice and values into action to fight the systems and beliefs that disenfranchise people of color. Now is the time for us to show solidarity by devoting our practice to something bigger than ourselves - racial justice. Doing so will bridge the gap between personal healing and racial justice, moving us toward collective healing.

This **2018 Embodied Learning Summit** will be an extension of the dynamic and successful conference of 2017. At the 2017 Summit, we were able to only touch on the surface of these issues. Our attendees responded to the summit with an urge to dig deeper into these matters, and at the 2018 conference, we aim to do just that. Healing starts at home and in order to even begin, we need to listen thoughtfully and ask provocative questions to initiate the community we hope to become. We need to be able to fully understand racism and oppression and be able to relate that to our own personal community. These conversations are oftentimes difficult to engage in but they are incredibly important for productive improvements in our society. Community implies inclusion. We want to enhance ours by bringing to light issues surrounding oppression in the Triangle area and hope to raise these concerns without fear of judgment or anger.

Meet our keynote leader:

Patty Adams

Patty Adams, MSW, LCSWA, E-RYT 200 is a queer cis white woman. She is a healing justice worker, trauma therapist, community-based yoga teacher, language justice advocate, and social justice warrior. For more than 20 years, Patty has been committed to the work of social movements, global justice, and collective liberation, including around issues of racial justice, economic justice and worker rights, LGBTQQIA inclusion, healing, and liberation, environmental justice, and language justice. Patty engages in the work of holistic healing and transformation within an anti-oppression and intersectional framework.



Learn more about Patty at
liberationhealingarts.com

In her work with individuals, families, groups, and communities as a therapist, advocate, facilitator, yoga teacher, and healing justice worker, Patty draws on her studies in eastern traditions including yoga and Ayurveda, as well as training and competency in psychotherapy/clinical social work, popular education, and addiction recovery.

2018 Embodied Learning Summit Schedule

8:15-9:00am Registration and breakfast.....The Ark Dance Center

9:00-9:30 Yoga practice.....The Ark Dance Center

9:30-10:00 Welcome and introduction.....The Ark Dance Center

10:00-12:00pm Keynote leader.....The Ark Dance Center

12:00-1:00 Lunch break and free time.....Duke East Campus Union

The Upper East Side in the Duke East Campus Union is reserved for ELS attendees.
Feel free to bring your lunch or purchase lunch in the Marketplace in the Union

1:00-3:30 Workshop breakouts.....Various locations

Option 1

1:00-3:30
Crowell 108

*To the Mat and Back:
Cultivating Body-
Knowledge as Anti-
Racism Effort*

Nicole Castro

Option 2

1:00-3:30
The Ark

*Five Essential
Questions for Inner
and Outer Liberation*

Cara Hagan

Option 3

1:00-2:10
Crowell 107

*Yoga Beyond
Identity Politics*

Shaily Shah and
Kenneth Strickland

2:20-3:30

*Nama Rupa and the
Master's Tools*

Elliot Turnbull

3:30-4:00 Closing circle and yoga practice.....The Ark Dance Center

Workshop Descriptions

Yoga beyond Identity Politics

Shaily Shah and Kenneth Strickland

Educators are challenged to empower students of color to affirm their race and identity, while teaching them to go beyond color stereotypes and identity politics. In order to meet this challenge, educators must create space within their classrooms for students to dig deeper into their souls. We will illuminate the difference between the soul and the self with video interviews made by students that challenge our notions of meditation. We will present video interviews made by youth of color that expand our notions of meditation by illuminating how activities done from the soul can be contemplative. Through dialogue, we will give educators an in depth glimpse into the the soul of youth of color. Lastly, we will practice movement techniques and have contemplative crafting that will enable us to cultivate the soul of our students.

Five Essential Questions for Inner and Outer Liberation

Cara Hagan

What do we do with collective trauma? What do we do with collective fear? How do we transform a culture of panic, into a culture of understanding? More specifically, how do we cultivate and maintain an ethos of peace? To answer these questions and to begin to move into a place of actionable outcomes, it is important to ask exactly what peace includes. While the way one describes peace is different from person to person, most every definition has something to do with ease, and the ability to live without environmental, personal, interpersonal and institutional obstacles or burdens. By definition, peace requires freedom from oppression. Oppression – forms of oppression imposed by both outer forces and inner struggle – are the biggest barriers to freedom in our societies. As ever, it seems that the world is at odds with how to balance the roles of peace and power in our societies, and it remains up to us to determine how we will proceed toward a future that contemporary generations and generations yet to come, can live with.

Nama Rupa And The Master's Tools

Elliot Turnbull

In this workshop, yoga therapist, fiber artist, and teacher, Elliot Turnbull, will guide you through individual, partnered, and group exercises to explore how you describe yourself in words and creative movements. Excerpts from Audre Lorde, modern research, nontraditional wisdom, and ancient Sutras will be offered as prompts for connecting actions and ideals in your life. We will begin to examine these queries: What is evidence-based best-practice disentangled from our lineage of white supremacy? How do we cultivate bodymind literacy and generate change with contemporary and longstanding verbal and gestural languages? How are we embodying our values and goals, and what action steps might come next on our path?

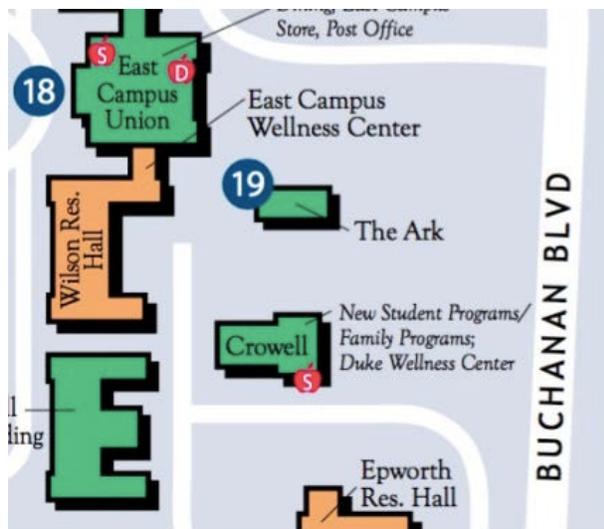
To the Mat and Back: Cultivating Body-Knowledge as Anti-Racism Effort

Nicole Castro

To center the body as a source of knowledge is a bold act of liberation. Women of color have long absorbed patriarchal, racist messages that reward silence and teach women to put others' needs above their own, to the point that we don't *know* what we want any more. This workshop (following the wisdom of bell hooks, Alexis Pauline Gumbs, and other black feminists) connects body mindfulness and social liberation. As many of us have begun this crucial work through yoga and other body movement practices, the workshop will offer further experiments in sensation and communication that help us—as yogis, activists, teachers, and community members—to honor our feelings that come up in social justice work, to translate emotions into wants and needs, and to communicate these in a unapologetic, yet kind, way.

Meet the Team!

The 2018 Embodied Learning Summit was organized by the **Mindfulness in Human Development Bass Connections Team**. The principle researchers are Professor Keval Khalsa (Duke) and Dr. Michelle Berger (UNC-CH). Mindfulness in Human Development is an interdisciplinary research team of Duke and UNC-CH faculty and students in partnership with local organizations and schools for a multi-year quantitative and qualitative research study. The 2017-2018 team is composed of Liz Harden (Project Manager), Kibby McMahon (Research Manager), Roxy Ghadimi (Student Researcher), Sarah Jeffries (Student Researcher), Julia Long (Student Researcher), Mira Venkat (Student Researcher), and Annie Delmedico (Student Researcher). The goal of this research is to measure and assess the health, emotion, and physiological effects of a Kundalini yoga program targeting local middle school students. Our research process has been interdisciplinary, community-based, and participatory in nature, engaging with diverse community stakeholders in an effort to explore effective, low cost, and holistic interventions that support nurturing school environments for youth.



UNC-CH and Duke Students: Interested in joining our research team? Contact Professor Keval Kaur Khalsa in the Duke Dance Program for more information: keval.khalsa@duke.edu

Many thanks to the Undergraduate Research Support Office at Duke for providing our organizing team with funding for the 2018 Embodied Learning Summit and thank you to the Duke Dance Program for providing the space and logistic support.

Lunch options near campus

Options on 9th Street (turn right onto Buchanan, right onto Main, right onto 9th)

Happy + Hale
Panera Bread

Zenfish
Alpaca

Bruegger's Bagels
Chubby's Tacos

Jimmy John's
Elmo's Diner