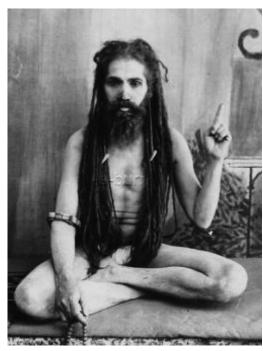
DECOLONISING YOGA

ONLINE COURSE PART 1 FOR YOGIC WARRIORS & CHANGE MAKERS







10 HRS/ 4 WKS - SMALL GROUPS - LIVE ZOOM CHOOSE YOUR START DATE & TIME BELOW

SAT 6 FEB - 27 FEB 14:00-16:30 MON 1 MAR - 22 MAR 10:00-12:30 OR 18:00 -20:30

Reflect on impact of systemic racism, history and legacy of colonialism, critical race theory, cultural appropriation & reparations through lens of yoga

DECOLONISING YOGIC & AYURVEDIC PHILOSOPHY

PART 2 ONLINE COURSE FOR YOGIC WARRIORS & CHANGE MAKERS



Deep dive into philosophy as tool for building sustainable change by becoming compassionate yoga activists moving from self to collective care

SAT 6 MAR 14:00-16:30 GMT 10 hrs online (2.5 hrs x 4 weeks)

Open to Part 1 students only BIPOC accessible, sustainer or benefactor rates