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# DECOLONISING YOGIC & AYURVEDIC PHILOSOPHY

FOR YOGIC WARRIORS & CHANGE MAKERS

MON 10 MAY - 31 MAY 18:00 -20:30 BST



## PART 2:

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

10 hr online course

(2.5 hrs x 4 weeks)

BIPOC accessible, sustainer or  
benefactor rates

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# DECOLONISING YOGA

FOR YOGIC WARRIORS & CHANGE MAKERS

SAT 8 MAY - 27 MAY 14:00-16:30 BST  
MON 10 MAY - 31 MAY 10:00-12:30 BST



**PART 1 :**  
Reflect on impact of  
systemic racism  
history and legacy of  
colonialism  
critical race theory  
cultural appropriation &  
reparations  
through the lens of yoga

10 hr online course  
(2.5 hrs x 4 weeks)  
BIPOC accessible, sustainer or  
benefactor rates

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