

**In honor of Juneteenth, YFAM calls on white yoga, wellness, and movement teachers to:**

**1) Pause teaching for a week and refer students to a Black teacher.**

**2) Donate to Black liberation causes.**

**3) Speak directly to anti-racism in our classes.**

[Read full call to action here.](#)

We at Yoga For All Movement created this document primarily to direct people to Black yoga teachers and link funds for white teachers and yoga practitioners to donate.

**If you're looking for education on dismantling systemic racism and examining-->challenging-->uprooting your own internalized white supremacy—[GO HERE and learn](#), then ACT.  
[And here.](#)**

[Jump to donation suggestions.](#)

## **Black Yoga/Movement Teachers & Black-owned Studios:**

This is (obviously) FAR from a complete list; this is a place to start, with a focus on yoga teachers we know and/or we are familiar with who lead trauma-sensitive practices available ONLINE (because: COVID). There are a whole lot more incredible Black teachers to learn from. Find them! One of the reasons we want you to do this work on your own is so you can see for yourself the lack of focus on Black, Indigenous, and POC teachers in the spirituality and wellness industry—and then work to change that.

### [\*\*Be The Change Wellness\*\*](#)

An incredible community studio in San Jose (and friend-studio of YFAM!). We recommend:  
Gentle Flow with Nicole, Saturdays at 11am  
Gentle Flow with Eboni, Sundays at 11am

### [\*\*Nicole Steward: Love Ethic Yoga\*\*](#)

Teaching yoga in San Jose (well, currently online) and teaching about the intersection of social work, justice, trauma-healing, and yoga globally! Nicole is an unparalleled leader and speaker offering [a weekly radical self-care circle](#), a book club, a podcast, and so much more. Follow her!

### [\*\*Jessamyn Stanley: The Under Belly Yoga\*\*](#)

A donation for these classes goes to the National Bail Out Fund. [More from Jessamyn Stanley.](#)

### [\*\*Eboni Alexandria: Omnipotent Studios\*\*](#)

Teaching through Be The Change in San Jose and offering a collection of healing treasures online, like [this 15-minute meditation](#).

### **Nicole Cardoza**

A global teacher and leader, Nicole leads daily mindfulness/meditation [session on YouTube](#) and [an Anti-Racism Daily email newsletter](#).

**Naima Merelle:** Daily yoga classes with Philadelphia-based teacher. Naima is also a Reiki practitioner (offering distance healing), artist, and tea crafter (!!).

### **Khalilah M. Ramirez**

Leading Dance of Peace on Wednesday, 11am-12pm. Message her on Instagram for the link!

### **Juko Holiday: Ease Mountain Yoga**

Classes Saturday at 9:15am, Saturday at 11am, and Sunday at 9:15am

### **Jean-Jacques Gabriel:**

Philadelphia-based teacher and artist, Zoom classes weekly!

### **Addy (Adrian) Waters: Yoga with Addy**

[Community-based yoga class every Saturday at 7pm!](#) Plus many additional offerings, and a channel for donating to the Black Lives Matter campaign.

### **Elika Aird**

An Oakland-based teacher with regular classes at Anasa Yoga and more donation-based classes that combine yoga and dance.

### **Anasa Yoga in Oakland**

Give your time and money to this amazing studio with an abundance of resources and a solid message that vehemently advocates for trauma resiliency, racial equity and accessible yoga

- [Satya De La Paz, Co-Founder of the Anasa Yoga in Oakland](#)

### **Rolf Gates**

A local to Santa Cruz and considered an expert in mediation and yoga specifically for recovery from substance use has online classes for the rest of June

### **Faith Hunter**

Global yoga, meditation, and transformational lifestyle teacher and founder of [Embrace Yoga](#) in DC—now streaming [so many daily online classes](#).

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## Funds for donation:

★ **Your local chapter** of NAACP and/or ACLU. National orgs are being flooded with donations (which is awesome!) but our local chapters fight directly for the rights of our neighbors and need a lot of support.

Find your [local NAACP unit](#).

Find your [local ACLU affiliate](#).

★ **[The Oakland BAMP Community Garden](#)**: Help revitalize this community garden space at the Bay Area Mural Program's headquarters and the California Hotel low-income housing community.

★ **[The Loveland Foundation](#)**: Created by Rachel Cargle, Loveland Foundation brings opportunity and healing to communities of color, and especially to Black women and girls, through fellowships, residency programs, listening tours, and more. Their resources and initiatives are collaborative and prioritize opportunity, access, validation, and healing. [Donate now](#).

★ **[Dream Defenders](#)**: A youth-led initiative fighting to the freedom of Black youth

★ **[The National Bailout](#)**: A collective of abolitionist organizers, lawyers, and activists building a community-based movement to end pre-trial detention and mass incarceration.

### ★ Focus on the Black Trans community:

Within the Black Trans Community, violence occurs within even more expedient rates. For young, Black, Trans Women, 1 in 2,600 is murdered every year. Here are 6 organizations that you can donate to amplify the support and resources needed for Black Trans Community:

- **[The Okra Project](#)**: a collective that seeks to address the global crisis faced by Black Trans people by bringing home cooked, healthy, and culturally specific meals and resources to Black Trans People.
- **[For The Gwols](#)**: supports Black trans people's [rent and gender-affirming surgeries](#) and a [dedicated medical relief fund](#).
- **[The Black Trans Travel Fund](#)**: a grassroots, mutual aid based organization developed for the purpose of providing Black transgender women with the financial resources necessary for them to be able to self-determine and access their safest travel options.
- **[Trans Women of Color Survival Fund](#)**

- [Emergency Release Fund](#): Mutual aid getting LGBTQ+ and medically vulnerable individuals out of Rikers Island and ICE detention.
  - [Black Trans Protestors Emergency Fund](#)
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Here are just a few of our go-tos.

Teacher & scholars:

- [Layla F. Saad](#)
- [Rachel Cargle](#)
- [Ibram X. Kendi](#)
- [Dr. Yaba Blay](#)

Books:

A note on buying books: Avoid buying from Amazon unless absolutely impossible to find the book elsewhere. Buy from a Black-owned local bookstore; if you can't find the book there, find a local independent bookstore near your on [IndieBound](#). OR get audiobooks [from Libro.fm](#), which directly sells audiobooks for any device from independent bookstores.

- [Me and White Supremacy by Layla F. Saad](#)
- [The New Jim Crow by Michelle Alexander](#)
- [The Inner Work of Racial Justice by Rhonda V. Magee](#); [read an interview with Rhonda V. Magee here](#)
- [Restorative Yoga for Ethnic and Race-Based Stress and Trauma by Dr. Gail Parker](#)
- [How to be an Anti-Racist by Ibram X. Kendi](#)

Podcasts:

- [Good Ancestor with Layla F. Saad](#)
- [On Being: Therapist and trauma specialist Resmaa Menakem talk about rage, stillness, and changing from within](#)
- [The Appeal with Josie Duffy Rice](#)
- [Code Switch](#)