

YOGA PHILOSOPHY & SOCIAL JUSTICE ACTIVITY GUIDE



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OBJECTIVES:

The five objects of the workshop are as follows::

- ☑ **Define what "Diversity & Inclusion" means**
- ☑ **Identifying how yoga aligns with social justice & anti-racism.**
- ☑ **Define "Ally" vs. "Accomplice"**
- ☑ **Create a personalized purpose-focused mission statement**
- ☑ **Points of Clarification: Q&A**

LET'S DIVE IN



DIVERSITY VS. INCLUSION

“Liberation is understanding our humanity and being able to see the humanity in others such that we understand our freedom is dependent upon others freedom.” ~ Excerpt *Skill in Action*

LET'S TALK ABOUT IT

Diversity refers to the traits and characteristics that make people unique while inclusion refers to the behaviors and social norms that ensure people feel welcome.

EXAMPLES

DIVERSITY IS INVITING PEOPLE WITH DIFFERENT TRAITS, ETHNIC BACKGROUNDS, SEXUAL ORIENTATIONS, BODY SIZE, ETC. TO THE TABLE.

INCLUSION IS MAKING SURE EVERYONE AT THE TABLE IS ALLOWED TO USE THEIR VOICE EQUALLY AND BE GIVEN THE SAME OPPORTUNITIES AS THEIR COUNTERPARTS.

LIST 3 WAYS YOU CAN CREATE A MORE INCLUSIVE ENVIRONMENT IN THE YOGA/FITNESS SPACES YOU NAVIGATE.

YOGA & SOCIAL JUSTICE

“Yoga is *Skill in Action*. Do every action to the best of your ability” ~
Excerpt *Skill in Action*

YAMAS & NIYAMAS

Yamas

1. Ahimsa: nonviolence
2. Satya: truthfulness
3. Asteya: non-stealing
4. Brahmacharya: non-excess
5. Aparigraha: non-possessiveness, non-greed.

Niyamas

1. Saucha: purity
2. Santosha: contentment
3. Tapas: self-discipline
4. Svadhyaya: self-study
5. Ishvara Pranidhana: surrender

YAMAS & NIYAMAS: ETHICAL FOUNDATION OF YOGA

UNDERSTANDING THESE PRINCIPLES IN RELATION TO SOCIAL JUSTICE.

AHIMSA: THE ABSENCE OF INJUSTICE, VIOLENCE, AND CRUELTY.

SATYA: SPEAK THE TRUTH TO CREATE AN OPEN AND HONEST DIALOGUE.

ASTEYA: CHALLENGES US TO BE MINDFUL IN OUR CHOICES AROUND CONSUME, NEED, AND DESIRE.

BRAHMACHARYA: THE MOVEMENT TOWARDS ESSENTIAL TRUTH.

APARIGRAHA: ENCOURAGES US TO ASSESS UNHEALTHY OLD BELIEFS, FEARS, AND DESIRES.

SAUCHA: CLEANLINESS OF BODY, MIND, AND EMOTIONS.

SANTOSHA: THE PRACTICE OF ACCEPTANCE.

TAPAS: PERSEVERANCE & CONSISTENCY

SVADHYAYA: NON-JUDGMENTAL SELF-OBSERVATION.

ISHVARA PRANIDHANA: SPIRITUAL GROWTH ENABLES US TO LIVE A MORE PURPOSEFUL AND COLLECTIVE EXISTENCE.

IDENTIFY ONE YAMA OR NIYAMA THAT YOU CAN FOCUS ON IN YOUR EFFORTS TO MAKE YOGA MORE INCLUSIVE.

THE ALLY VS. THE ACCOMPLICE

“If we don't begin to consider how our thoughts, words and actions impact the collective good, we will perish.” ~ Excerpt *Skill in Action*

THE DIFFERENCE

An ally mostly engages in activism by standing with an individual or group in a marginalized community.

An accomplice focuses more on dismantling the structures that oppress that individual or group.

YOU'RE UNIQUE POSITIONED TO BE AN ACCOMPLICE.

BELOW YOU'LL FIND A EXAMPLE OF A DIAGRAM. ON THE LEFT ARE ALL MY IDENTITIES THAT ARE TOP OF MIND. ON THE RIGHT YOU WILL SEE A LIST OF WAYS THIS IDENTITY IS EITHER SOURCE OF PRIVILEGE OR SOURCE OF TARGETING.

IDENTITIES	PRIVILEGES OR OPRESSION
BLACK	<ul style="list-style-type: none">Targeted because of institutional racism in America
WOMAN	<ul style="list-style-type: none">Targeted due to patriarchy. Often underpaid, overlooked & devalued.
"EDUCATED" - 2 MASTERS DEGREES	<ul style="list-style-type: none">Privilege which gives me access to spaces & conversations.
BUSINESS OWNER	<ul style="list-style-type: none">Privilege which provides me the freedom of any option I pick.
500HR RYT/ 200HR E-RYT	<ul style="list-style-type: none">Privilege which enables me to educate others & expand my income potential.
U.S. CITIZEN	<ul style="list-style-type: none">Privilege which enables me to not be concerned about deportation.

HOW DO YOU IDENTIFY?

By using the example above take a moment to write down how you self-identity and if that identity is a privilege or source of you being targeted.

IDENTITIES	PRIVILEGES OR OPPRESSION

HOW ARE YOU UNIQUELY DESIGNED TO BE A CHANGE AGENT?

PROMPT

Based on what you wrote above, and the example provided to your right, how are you uniquely positioned to engage with the practice of yoga to create change?

MY EXAMPLE

I am a Black, female yoga instructor and my body in these traditionally white spaces is a revolutionary act. My level of education afforded me access to certain spaces and provided me with the ability to pay for yoga teacher training. As someone who has been granted access to these spaces, it is my duty to educate my students on the aspects of yoga outside of their physical practice. In addition to creating a safe physical space for my students, I will also provide them with tools to create a safe space for us all off of the mat by implementing yoga philosophy throughout my teachings. I will encourage my students and colleagues to remove excuses from their lives and fully embrace their power and ability to change the world around them.

**HOW ARE YOU UNIQUELY
DESIGNED TO BE A CHANGE
AGENT?**

PROMPT

Based on what you wrote above, and the example provided to your right, how are you uniquely positioned to engage with the practice of yoga to create change?

Based on what you wrote above, and the example provided to your right, how are you uniquely positioned to engage with the practice of yoga to create change?

[illegible]

WRITE YOUR CHANGE STATEMENT BELOW

[illegible]

ADDITIONAL RESOURCES

ARTICLES

Diversity and Inclusion in Yoga

- Radical Diversity: Setting a Yoga Standard for Equality
- The Yoga Diversity Dilemma
- Bridging the Divide: Diversity in Yoga (Musthave Yoga Alliance Membership)
- Why Your Yoga Class Is So White
- OUTSIDER LOOKING IN: A BLACK GIRL'S EXPERIENCE IN THE YOGA WORLD
- SEEING IS BELIEVING

African Americans & Religion

- Highland Views: Sojourner Truth: to stay here and stand the fire
- Gilbert, O., & Titus, F. W. (1968). Narrative of Sojourner Truth. New York: Arno Press.
- The Black Church
- The Image of God: Black Theology and Racial Empowerment in the African American Community by Allison Calhoun-Brown

BOOKS & VIDEOS

Booklist

22 books on race and white privilege that will show you what's really happening in America right now

Video List

- Jane Elliot- Concept of Reverse Racialism
- Understanding how history impacts Black people today.
- Bishop T.D. Jakes & Pastor Carl Lentz Discuss Racism in America
- Humanity, Racism and Transformation | Carl Lentz & Dr. Anita Phillips | Hillsong East Coast

