



Yoga for Women of Color



Offered by donation.
All levels welcome.

Third Sundays

2:00-3:15pm

at Common Ground
Healing Arts

A monthly offering where women of color can gather and practice yoga in a safe and nurturing setting. Each class will include postures accessible to all levels as well as time for exploring ways to use breath and meditation for wellbeing. Women are invited to stay after class to connect with other participants, share yoga resources and build community. Each class is offered on a donation basis, but no one will be turned away for inability to pay.

This class is offered by The Women's Initiative and Common Ground Healing Arts, and taught by Eboni Bugg, a Therapist and Community Programs Director at The Women's Initiative.

Class will take place at Common Ground Healing Arts .

No pre-registration is necessary; this is a drop-in friendly class. Beginners very welcome.

About Eboni Bugg: Eboni Bugg is a Therapist & Community Programs Director at The Women's Initiative, a partner agency at the Jefferson School City Center. She completed her Hatha Yoga training at Opal this spring and has additional certifications in Prenatal Yoga and Lifeforce Yoga for Depression & Anxiety. She is passionate about the physical and emotional benefits of mindful movement, breathing and meditation. In her practice, she helps people who are healing from trauma utilize these strategies to heal, grow and transform.

