



1:00 - 1:15 PM

Brief Overview
and Introductions

1:15 - 1:25 PM

10 minutes
Krishna Karr

1:25 - 1:35 PM

10 minutes
Dr. Rasheed Jibri

1:35 - 1:50 PM

15 minutes
Q & A

1:50 - 2:00

10 minutes
Closing words
and intentions

AWAKEN LA

One Breath • One Heart • One Love

FRIDAY NOV 19TH | 1-2PM PST

*When "I" is replaced by "we" even
illness becomes wellness - Malcolm X*

Hosted by Fidel T. Rodriguez,
LAvsHate - LA County Commission
on Human Relations

JOIN US ON ZOOM

Join us for an experience with Kundalini Yoga and Meditation focusing on the breath, healing, and mindful acts of love and kindness in Los Angeles County. Use the link above or watch live on LAvsHate's Instagram Story.

Rashied Jibri, Ph.D., has been involved with stress management for over 40 years. A certified Teacher of Transcendental Meditation, he is a retired psychotherapist.

Krishna Kaur, Yoga teacher, has been teaching the art and science of Kundalini Yoga and Self Awareness for 40 years. She is a catalyst of many yoga-inspired movements.

www.yogaforyouth.org

