

WHAT IS RACE ON THE LAWN?

It is a master class designed to identify and educate action-oriented non-Black Anti-Racism allies and empower them with agenda items that they can act upon IMMEDIATELY. This is an intimate, candid, and very personal conversation for allies who are ready learn how to take action.

Who this course IS well-suited for:

- "Action-oriented, anti-racism allies who are ready to be the change they wish to see, but who aren't sure how to effect those changes in a productive way and/or integrate such actions into their daily lives;
- people who are willing and able to be vulnerable, open, and honest, AND who are ready to listen, learn and act.

Who this course is NOT well-suited for:

- "race-activism-hobbyists" (people seeking a trendy cause to support);
- "race-gawkers" people who are curious to know what being Black in America is like;
- "early-awareness allies" people who support the idea of #BLM but are still trying to discern if the current state of affairs and racial protests across the country are warranted and/or appropriate.

While there is definitely a discussion to be had with all of the aforementioned types of people, in order to deepen their understanding of racial issues, this course is not that discussion.

Rather, this is a masters-level class for allies who are ready to move their existing understandings into immediate action. In order to achieve the greatest degree of efficacy and expediency, conversations of mixed-level understandings will not be facilitated at this particular event.

What to Expect

This course is extremely personal and intimate and is usually conducted in an in-person-only format in order to honor that level of intimacy. Due to the nature of this specific yoga-centered audience, I have decided the it will be well-adapted to an online format. I do ask though that all attendees be plan to stay for the duration of the course, and to the best of their abilities, remove any distractions and potential interruptions.