



Inclusion, Diversity, Equity Foundation

with Ericka Jones

Ericka Jones is a diversity, equity, and inclusion professional for over 12 years. In her current role at Cargill, she collaborates with key stakeholders to develop comprehensive strategies that will increase diversity, build and sustain inclusive behaviors to generate equitable outcomes.

Founder of the Yoga Coalition, an alliance for combined action bringing inclusion, equity, and diversity to the yoga community. Ericka is a 200-hr yoga teacher and lululemon brand ambassador. Bringing diversity, mindfulness, and inclusion into spaces is her purpose and passion.

In this course, you will learn the foundations of diversity, equity and inclusion. How DEI is critical to the philosophy of yoga along with core Inclusive behaviors to be Inclusive Leader and teacher for your studio, students and community.

PART 1

Inclusion, Diversity, Equity Foundation

We will review the foundations and distinctions of inclusion, diversity and equity. Along with reviewing microaggressions within classes through teaching. Cultivating a sense of belonging. The impact of cuing and inclusive/exclusive language.

PART 2

Yoga's Ethical Principles: Yamas & Niyamas

We will review key Yamas & Niyamas and how they're not mutually exclusive to inclusion, diversity and equity.

PART 3 and 4

Practicum

Groups will be assigned and practice teach and present Yamas & Niyamas and an inclusive experience.

DATES: Saturday, October 16th & Sunday, October 17th

TIME: 8am-6pm both days via Zoom

COST: \$175 for 2-day workshop

ENROLL: breatheyoga.com

