



CONTEMPLATIVE SCIENCES CENTER

UNIVERSITY *of* VIRGINIA



BLACK HISTORY MONTH

Yoga Practice in the Black Community

The practice of yoga, meditation, and other contemplative techniques among the Black community and those of African descent has a long history. In this [feature article](#), CSC's Assistant Director of Contemplative Engagement, Carrington Kernodle Epperson, provides a brief overview of a small aspect of this deep and abiding legacy, considering yoga practice from ancient Egypt, through the Civil Rights Movement of the 1960s and '70s, to the prominent figures working for diversity and inclusion in the practice of yoga today.

(Pictured: Rosa Parks practicing yoga. Photo courtesy of the Library of Congress, Prints and Photographs Division, Visual Materials from the Rosa Parks Papers, [LC-DIG-ppmsca-58369])

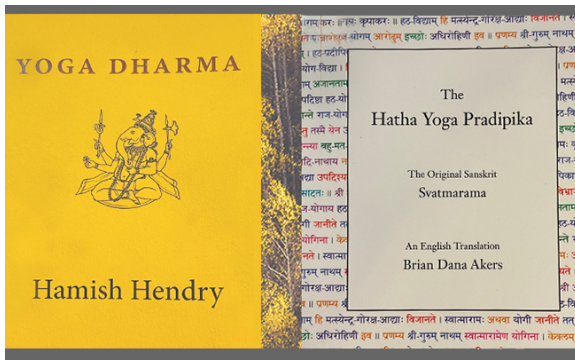


COME AS YOU ARE

Yoga for All Bodies

All shapes, sizes, genders, and abilities—including complete beginners—are invited to this gentle virtual class held 5:30–6:30pm on Mondays. Instructors [Benita Mayo](#) and [Martha Rouleau](#) teach participants to explore movement and mindfulness meditation through light strengthening, stretching, breathing, and balancing.

[LEARN MORE.](#)



SPRING BOOK CLUB

Yoga Texts

Anyone interested in learning more about the history of yoga is invited to join our (virtual) Spring Yoga Book Club! Books for discussion this season include **Yoga Dharma**, an introduction to the roots of yoga practice by Hamish Hendry, and **Hatha (Yoga) Pradipika**, an important classical yoga text, authored by Svamimarama and translated by Brian Dana Akers.

[LEARN MORE.](#)

CALENDAR


**February 14: Virtual Meditation on the Lawn
led by Benita Mayo**

7:45-8:00am (ET). [Learn more & register](#)





**February 18: Spring Yoga Book Club
9:00-9:50am (ET). [Learn more & register](#)**

**February 21: Virtual Meditation on the Lawn
led by Ina Stephens**

7:45-8:00am (ET). [Learn more & register](#)



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