

YOGA4SOCIALJUSTICE™

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Course: Yoga4SocialJustice™ 4-week self-guided course on discovering yourself through Yoga for Social Justice

Instructor: Dr. Valin S. Jordan, Founder, Yoga4SocialJustice™

Course Description: This self-guided course is designed to introduce you to concepts required of social justice movements. More than that the weeks described below are intended to help you discover concepts of stillness, disruption, love, and community within your own mind, body, and spirit.

Course Goals:

Introduce learners to four concepts to be embraced within one's mind, body, and spirit before beginning to engage in acts or movements focused on social change and justice.

Support learners towards developing a knowledge set about the personal work required for social change and justice.

Before beginning this course be sure to read the following:

[Yoga for Social Justice: Developing Anti-Oppressive Tools for Change through Yoga, by Valin S. Jordan](#)

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Course Assignments by week

Week One: Discovering Stillness

Yoga practice: 25 minutes of yin yoga/three days. Set an intention at the beginning of the asana practice to embrace stillness. Be curious about the sensations you experience in your body as you're still. Be curious about any discomforts you might experience while trying to get still or as you are still.

Meditation: 10 minutes/each day. Choose a guided meditation from your preferred app or website of choice. There are some great options on Insight Meditation.

Week one readings (choose one):

[Being Peace by Thich Nhat Hanh](#)

[Welcoming the Unwelcome by Pema Chodron](#)

Listen to 824: The Spirituality and Social Justice Podcast:

[Episode 19](#)

[Episode 20](#)

Journal prompts:

What were you able to learn about yourself through a yoga practice of stillness?

What power might there be in getting still with yourself before working towards change and justice for others?

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Week Two: Discovering Disruption

Yoga practice: 25 minutes of Vinyasa/three times a week. Set an intention at the beginning of the asana practice to embrace disruption. Choose to work through postures that you find difficult or challenge your sense of comfort. Be curious about how you disrupt your sense of comfort.

Meditation: 15 minutes/each day. Choose a guided meditation from your preferred app or website of choice. There are some great options on Insight Meditation.

Week two readings (choose one):

[Where Do We Go from Here, Chaos or Community? by Dr. Martin Luther King Jr.](#)

[Integrating Mindfulness into Anti-Oppression Pedagogy: Social Justice in Higher Education by Beth Berila](#)

Listen to 824: The Spirituality and Social Justice Podcast:

[Episode 15](#)

[Episode 16](#)

Journaling prompts:

What were you able to learn about yourself through a yoga practice of disruption?

What power might there be in learning to disrupt within yourself before working towards change and justice for others?

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Week Three: Discovering Love

Yoga practice: 25 minutes of restorative yoga/three times a week. Set an intention at the beginning of the asana practice to embrace love. Choose to work through postures that open the front of your body. Be curious about the sensations you feel in your body as you focus your attention on love for yourself and others.

Meditation: 20 minutes/each day. Choose a guided meditation from your preferred app or website of choice. There are some great options on Insight Meditation.

Week three readings (choose one):

[Love and Rage by Lama Rod Owens](#)

[All About Love: New Visions by bell hooks](#)

Listen to 824: The Spirituality and Social Justice Podcast

[Episode 32](#)

[Episode 7](#)

Journaling prompts:

What were you able to learn about yourself through a yoga practice of love?

What power might there be in learning to embrace love within yourself before working towards change and justice for others?

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Week Four: Discovering Community

Yoga practice: 25 minutes of Vinyasa/three times a week. Invite some friends, family members, colleagues, or neighbors to practice with you this week. Set an intention at the beginning of the asana practice to embrace community. As you move through the asana practice, attempt to sync yourself up with the movements and breathing of others. Be curious about how you create community through silently aligning yourself with those around you.

Meditation: 25 minutes/each day. Choose a guided meditation from your preferred app or website of choice. There are some great options on Insight Meditation.

Week four readings (choose one):

[The Art of Power by Thich Nhat Hanh](#)

[Pedagogy of the Oppressed by Paulo Freire](#)

Listen to 824: The Spirituality and Social Justice Podcast

[Episode 1](#)

[Episode 14](#)

Journaling prompts:

What were you able to learn about yourself through a yoga practice focused on community?

What power might there be in learning to embrace community and discovering synchronicity with others as an act and move towards change and justice?