

For the months of August, September and October 2020 we offered our Saturday, 10:30-11:30am Mindful Yoga class FREE to all, with the option for students to donate to Converge Media and Black Lives Matter Seattle King Co. Community Investment Fund in lieu of payment. Thank you to all who donated during this time to these wonderful community organizations who are working for an anti-racist, just and equitable future for all. We are actively looking for sustainable ways to continue the work of supporting community organizations doing this critical work.

If you have ideas or suggestions, please reach out to Maia at maia@lotusyoga.biz.

In solidarity with the Black Lives Matter movement, and as a means of taking specific action in support of anti-racism, we participated in the General Strike on Friday 6/12/2020.

We would like to offer a few links for reading resources and organizations that you might consider supporting (with time, actions, donations or engaging to support your own education.

DONATIONS

- **Campaign Zero** <https://www.joincampaignzero.org/>
- **Black Lives Seattle** <https://blacklivesseattle.org/>
- **Converge Media** <https://www.whereweconverge.com/>
- **BLM Community Investment** <https://blacklivesseattle.org/community-investment/>

EDUCATION

- **On Being: A Conversation with Resmaa Menakem: On Race, Bodies and the Nervous System**
<https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>
- **For Our White Friends Desiring to Be Allies:**
<https://sojo.net/articles/our-white-friends-desiring-be-allies>
- **The Center for Racial Justice** <https://centerracialjustice.org/>
- **Resources for Talking About Race, Racism and Racialized Violence with Kids**
<https://centerracialjustice.org/resources/resources-for-talking-about-race-racism-and-racialized-violence-with-kids/>
- **Justice for Floyd Petition on Change.org**
<https://www.change.org/p/mayor-jacob-frey-justice-for-george-floyd>
- **Free Coronavirus Testing by The City of Seattle for anyone who has been to a protest. Even if you have no symptoms, testing is encouraged so that we don't unwittingly create vectors for virus transmission:**
<http://www.seattle.gov/mayor/covid-19/covid-19-testing>

Our teacher community is actively working on additional specific actions Lotus and each of us as teachers will take to create and maintain an anti-racist studio and teaching space. Stay tuned for details coming soon.

**Wishing you well,
With love,**

Maia and the Lotus Teachers

