

For the month of August, our **Saturday, 10:30-11:30 am Mindful Yoga class** is FREE to the community and a chance for us to raise awareness around issues relating to social justice, anti-racism and Black Lives Matter. As long as we are financially able to do so, we will continue to offer this class as a free-to-community class with a suggested donation to a community resource or group that is doing the work of creating a more just and equitable Seattle and world. **This month, we encourage you to DONATE to CONVERGE MEDIA in lieu of payment for this class.** All are welcome: give if you can and just join us for mindful yoga if you cannot.

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 if you'd like to take the time you would've spent in class with us that day reading resources or taking some action that feels comfortable to you to support Black Lives Matter.

## DONATIONS

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

## 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**

