

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 Black Lives Matter Seattle King Co. Community Investment Fund 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 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

