



Thank you so much for registering for **Beyond Duality: Yoga and Social Justice**. Below you will find a schedule of the calls with suggested readings and films for the first six sessions, that complement each lecture. Doing the **suggested reading** can deepen your experience of this series and we highly recommend trying to do it!

Along with this email you will be receiving some articles that go with the lectures.

Most of the calls will involve visuals and are best done in front of your computer. You will call in on your phone and use the link provided to see the visuals.

Throughout the course we'll be posting articles and links on our **FB page**, so make sure you have been added to that. We encourage you all to post stuff and dialogue with each other between sessions.

Nikki Myers and Hala Khouri will be facilitating every session, so they will start and end the calls. We will have break out groups, and lots of opportunity to share and ask questions. **The sessions will be interactive, so have a pen and paper handy and be in a space where you won't be disrupted.** The more fully you participate, the more you'll get out of the experience.

And finally, if you have any questions, email Shannon at [eyi@offthematintotheworld.org](mailto:eyi@offthematintotheworld.org).

We look forward to having this conversation with you!

Sincerely,

Hala, Nikki and Shannon

## Accessing the Training Calls

Click on the link below to register for the calls. You will be given a phone number and access code that you can use for all the calls. You will also be given a link so that you can see the images that we are sharing on your computer.

**<http://myaccount.maestroconference.com/conference/register/EP2SDFVWIZRALDR3>**

If you miss a call, we will send you a recording of it.

If you have questions or problems with registration, please call or email Shannon Dakin [eyi@offthematintotheworld.org](mailto:eyi@offthematintotheworld.org) 317-702-7465

The complete schedule including a resource list for the first 4 sessions are below.

## SCHEDULE

*All* calls will be moderated by Hala and Nikki

***All calls take place 5pm PST to 7pm PST.*** (check your time zone!)

### Thursday Feb. 27

Foundations: Compassionate Conversation (Teo Drake)

### Thursday March 13

The Samskara of Prejudice and the Importance of Grounded Spirituality (Hala Khouri and Nikki Myers)

### Thursday March 27

Social Justice Basics I (Tessa Hicks-Peterson)

***Suggested reading:*** Is Everyone Really Equal? by Ozlem Sensoy and Robin DiAngelo (ch 1-5) , article: Humanizing the Other in "Us" and "Them"

### Thursday April 10

Social Justice Basics 2: Racism (Pat Payne)

***Suggested reading:*** Is Everyone Really Equal? (ch 6-10)

*Additional reading:* The Emperor has No Clothes: Teaching about race and racism to people who don't want to know by Tema Okun

### Thursday April 24

Mindfulness and the School to Prison Pipeline (BK Bose)

***Suggested movie:*** Waiting for Superman (vimeo: <http://vimeo.com/20095459>)

***Suggested reading:*** article: A Necessary Catalyst: Dismantling the School-to-Prison Pipeline with Yoga

**Thursday May 8**

Privilege, Responsibility and Personal Passion (Michael Skolnick)

**Suggested movie:** The House I Live In (Netflix)

**Suggested reading:** The New Jim Crow by Michelle Anderson

**Thursday May 22**

Gender Justice (Teo Drake and Jacoby Ballard)

Suggested reading TBA

**Wednesday June 4**

Approaching Ableism with an Open Heart (Lezlie Frye)

Suggested reading TBA

**Wednesday June 11**

Moving Beyond Duality: What can we do? (Nikki Myers and Hala Khouri)

**Facebook Group**

We've created a Beyond Duality Facebook group to continue our conversations. This is a closed group for those participating in the training.

To access the group go to the link below and request to join. You must request to join to gain access.

<https://www.facebook.com/groups/287146751437571>