



Calendar

OCTOBER – DECEMBER 2018

Exercise • Nutrition • Health Screening • Complementary Medicine • Education



Achieve Your Personal Health Goals!

Rafiki's Passport to Wellness Program® and your journey to better health start on Tuesday, October 2 and culminate Thursday, December 20. The Program is crafted to support you in achieving your personal health goal(s) within 90 days. Over the 90 days we are offering over 70 free exercise, nutrition, restorative and health education classes to assist you in your continued journey toward wellness. The theme of this Passport series centers on the African concept of Imani, loosely translated to Faith. Faith/Imani will be an integral component woven into each aspect of this season's Passport to Wellness Program®.

OCTOBER

- 2 (T) 4:45 pm: Community Meditation
- 2 (T) 6:30 pm: L.I.F.T.*
- 3 (W) 10:30 am: Qigong w/Marion
- 3 (W) 12:00 pm: Real Talk
- 4 (Th) 5:00 pm: Yoga
- 5 (Th) 6:30 pm: Qigong with David
- 6 (S) 8:45 am: First Saturday Health Party
- 9 (T) 6:45 pm: Eat Well, Live Well
- 10 (W) 10:30 am: Qigong w/Marion
- 10 (W) 12:00 pm: Real Talk
- 11 (Th) 5:00 pm: Yoga
- 11 (Th) 6:30 pm: Qigong with David
- 12 (F) 10:00 am: Hike at Muir Woods
- 13 (S) 9:30 am: Strength Training w/ Toussaint
- 15 (M) 2:00 pm: Healing Circle
- 16 (T) 6:45 pm: Eat Well, Live Well
- 17 (W) 10:30 am: Tai Chi
- 17 (W) 12:00 pm: Real Talk
- 18 (Th) 4:30 pm: Sound Healing (Art & Healing)
- 18 (Th) 6:30 pm: Qigong with David
- 20 (S) 9:30 am: Strength Training w/ Toussaint
- 24 (W) 10:30 am: Tai Chi
- 24 (W) 12:00 pm: Real Talk
- 25 (Th) 5:00 pm: Yoga
- 25 (Th) 6:30 pm: Qigong with David
- 27 (S) 9:30 am: Strength Training w/ Toussaint
- 31 (W) 10:30 am: Qigong w/Marion
- 31 (W) 12:00 pm: Real Talk

NOVEMBER

- 1 (Th) 5:00 pm: Vinyasa Flow Yoga
- 1 (Th) 6:30 pm: Qigong with David
- 3 (S) 9 am: First Saturday Health Party
- 3 (S) 9:30 am: Strength Training w/ Toussaint
- 6 (T) 4:45 pm: Community Meditation
- 6 (T) 5:30 pm: Line Dancing
- 7 (W) 12:00 pm: Real Talk
- 8 (Th) 5:00 pm: Vinyasa Flow Yoga
- 8 (Th) 6:30 pm: Qigong with David
- 10 (S) 9:30 am: TURNUP Cardio Hip Hop
- 13 (T) 5:30 pm: Line Dancing
- 13 (T) 6:45 pm: Eat Well, Live Well
- 14 (W) 10:30 am: Restorative Yoga
- 14 (W) 12:00 pm: Real Talk
- 15 (Th) 12 Noon – 2 pm: Rafiki Holiday Party
- 15 (Th) 5:00 pm: Vinyasa Flow Yoga
- 15 (Th) 6:30 pm: Qigong with David
- 17 (S) 9:30 am: Strength Training w/ Toussaint
- 19 (M) 2:00 pm: Healing Circle
- 20 (T) 5:30 pm: Line Dancing
- 20 (T) 6:45 pm Eat Well, Live Well
- 27 (T) 5:30 pm: Line Dancing
- 27 (T) 6:30 pm: L.I.F.T.*
- 28 (W) 10:30 am: Restorative Yoga
- 28 (W) 12:00 pm: Real Talk
- 29 (Th) 4:30 pm: Sound Healing (Art & Healing)
- 29 (Th) 6:30 pm: Qigong with David

DECEMBER

- 1 (S) 8:45 am: First Saturday Health Party
- 1 (S) 9:30 am: Healthy Hearts with Bontlé
- 4 (T) 4:45 pm: Community Meditation
- 4 (T) 5:30 pm: Tai Chi with Zochi
- 4 (T) 6:45 pm: Eat Well, Live Well
- 5 (W) 10:30 am: Restorative Yoga
- 5 (W) 12:00 pm: Real Talk
- 6 (Th) 5:00 pm: Vinyasa Flow Yoga
- 6 (Th) 6:30 pm: Qigong with David
- 8 (S) 9:30 am: Healthy Hearts with Bontlé
- 10 (M) 2 pm: Healing Circle
- 11 (T) 5:30 pm: Tai Chi with Zochi
- 11 (T) 6:45 pm: Eat Well, Live Well
- 12 (W) 12:00 pm: Real Talk
- 13 (Th) 5:00 pm: Vinyasa Flow Yoga
- 13 (Th) 6:30 pm: Qigong with David
- 15 (S) 9:30 am: Healthy Hearts with Bontlé
- 17 (M) 5:30 pm: Rafiki Movie Night – “The Wiz”
- 18 (T) 5:30 pm: Tai Chi with Zochi
- 18 (S) 6:30 pm: L.I.F.T.*
- 19 (W) 10:30 am: Restorative Yoga
- 19 (W) 12:00 pm: Real Talk
- 20 (Th) 4:30 pm: Sound Healing (Art & Healing)
- 20 (Th) 6:30 pm: Qigong with David
- 20 (Th) 7:30 pm Passport Graduation

* Living Inspired for Today (L.I.F.T.)

All of the events are Free and held at
Rafiki Wellness Center | 601 Cesar Chavez St. (between 3rd St. and Pier 80)
SF, CA 94124 (unless otherwise noted)

For more info:
www.rafikicoalition.org | 415.615.9945 x102 | aalves@rafikicoalition.org

Exercise, Nutrition and Wellness

For more information, contact Antonisha Alves by calling 415.615.9945, ext 102, or email aalves@rafikicoalition.org.

Art & Healing with Nekia Wright:

This powerful sound series provides the opportunity for healing and personal expression using ancient sound and energy as a mode of healing and establishing inner calm and equilibrium. *October 18, November 29, December 20 | 4:30 pm – 6:00 pm*

Community Meditation:

Take some rejuvenating time to be still and relax with fellow community members! *October 2, November 6, December 4 | 4:45 pm – 5:15 pm*

Eat Well, Live Well:

Healthy food demonstration. *October 9, 16; November 13, 20; December 4, 11 | 6:30 pm – 7:30 pm*

Graduation Day: Rafiki Passport to Wellness® :

A celebration hosted by Antonisha and Ty. *December 20 | 7:30 pm – 9:00 pm*

Healing Circle:

A community healing and restorative circle addressing grief, collective struggles and rejuvenating, supportive and uplifting practices facilitated by Dr. Monique and Ty. *October 15, November 19, December 10 | 2:00 pm – 4:30 pm*

Healthy Hearts with Bontlé:

Energizing movements and sequences with a Zumba twist! *December 1, 8, 15 | 9:30 am – 10:30 am*

L.I.F.T. - Faith as a rejuvenating practice:

A safe circle delving into deeper discussions on faith, self-determination, mutual support, ancestral strength and fortifying ourselves and each other. Sessions facilitated by Janine Greer. *October 2, November 27, December 18 | 6:30 pm – 8:00 pm*

Line Dancing with Ramona Pam:

Energizing and culturally rhythmic movements in synchronized formations with soulful music.: *November 6, 13, 20, 27 | 5:30 pm – 6:30 pm*

Qigong with David Wei – I'm strong 'cause I do Qigong:

Qigong movements are used to fight off the true killers of our community—cancer, heart disease, and diabetes. *October 4, 11, 18, 25; November 1, 8, 15, 29; December 6, 13, 20 | 6:30 pm – 7:30 pm*

Qigong with Marion Wei:

The exercises mimic the actions of five animals—tiger, deer, bear, monkey and crane. Each one relates to one of the major internal organs. *October 3, 10, 31 | 10:30 am – 11:30 am*

Restorative Yoga with Elika:

You will enjoy supported poses with bolsters/blankets, blocks and other props, along with conscious breathing, to create deep cradling of the body and encouraging healing and ease. *November 14, 28; December 5, 19 | 10:30 am – 11:30 am*

Strength Training with Toussaint:

Active movement for men and women to gain body strength and move with flexibility and power. *October 13, 20, 27; November 3, 17 | 9:30 am – 10:30 am*

Taichi with Zochi: A gentle form of movement that promotes stress reduction, coordination, and balance, as well as other health benefits.

*October 17, 24 | 10:30 am – 11:30 am
December 4, 11, 18 | 5:30 pm – 6:30 pm*

Therapeutic Yoga with Afi-Ayanna:

Stretching and strength building movements that provide therapeutic benefits! *October 4, 11, 25 | 5:00 pm – 6:00 pm*

TURNUP Cardio HipHop with Dahrio Wonder:

Dance fitness guaranteed to make you smile (and sweat)! *November 10 | 9:30 am – 10:30 am*

Vinyasa Flow Yoga: Participants coordinate movement with breath to flow from one pose to the next. The class includes stretching and strength building movements that provide therapeutic benefits.

November 1, 8, 15 | 5:00 pm – 6:00 pm (w/ Travis Jackson); December 6, 13 | 5:00 pm – 6:00 pm (w/ Sam Sebastian)

Complementary Medicine Clinic

Closed for lunch 1:15 pm – 2:15 pm
Holiday closures: November 12-23 and December 24-January 4

Acupuncture

Mon: 10 am – 4 pm
Tue, Wed and Thu: 10 am – 6 pm

Massage Therapy

Mon: 10 am – 6 pm
Tue, Wed and Thu: 10 am – 1 pm

Black Coalition on AIDS

Real Talk - HIV Health Education & Prevention

Every Wednesday, 12:00 pm- 2:00 pm

Community Outreach and Engagement

Community Voices: Community Health Needs Assessment

October 6, 11:00 am

Hike in Muir Woods

October 12, 10:00 am - 3:00 pm
Transportation and lunch provided.

Hike in The Presidio

October 27, 10:00 am - 3:00 pm
Transportation and lunch provided.

Community Voices: Reflections on The Legacy Museum

November 3, 11:00 am

Presidio Hike: Shinrin Yoku

Experience deep connection in the forest. *November 9, 10:00 am – 2:30 pm*
Transportation and lunch provided.

Rafiki Holiday Party

November 15, 12:00 pm – 2:00 pm

Community Voices: Introduction to Chinese Medicine presented by Marion Wei

December 1, 11:00 am

The Health Benefits of Nature and Plants with Brandi Mack

December 14, time TBD.

Kwanzaa Celebration: Ujima, Collective Work and Responsibility

December 28, 7:00 pm – 9 pm Co-hosted by Rafiki Coalition and Bayview YMCA.



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