



Calendar

JANUARY – MARCH, 2019

Exercise • Nutrition • Health Screening • Complementary Medicine • Education



Rafiki invites you to join us as we breath in Imani (Faith) and release any stressors of 2018.

The African concept of Imani is an integral component woven into each aspect of the Rafiki experience. Join us this winter in invigorating offerings ranging from Vinyasa Yoga and Restorative Yoga, Nature Bathing and Hikes, both sitting and walking meditation to Qigong and other rhythmic movement classes, as well as our signature Community Healing Circles. We are pleased to continue offering drop-in acupuncture and massage sessions throughout the season Monday through Thursday. We encourage you to bring your friends and family and join in the Rafiki healing environment of healthy living and rejuvenation. We look forward to connecting and building faith with you this season!

JANUARY

- 3 (Th) 5:00 pm: Vinyasa w/Travis
- 3 (Th) 6:30 pm: Qigong
- 5 (S) 9:30 am: Healthy Hearts
- 9 (W) 10:30 am: Restorative Yoga w/Elika
- 9 (W) 12:00 pm: Real Talk
- 10 (Th) 5:00 pm: Vinyasa w/Travis
- 10 (Th) 6:30 pm: Qigong
- 11 (F) 10:00 am: 2nd Friday Nature Series
- 12 (S) 8:45 am: First Saturday Health Party
- 12 (S) 9:30 am: Healthy Hearts
- 12 (S) 11:00 am: Community Voices - Healing with Herbs
- 16 (W) 10:30 am: Meditation with Elika
- 16 (W) 12:00 pm: Real Talk
- 17 (Th) 5:00 pm: Vinyasa w/Travis
- 17 (Th) 6:30 pm: Qigong
- 19 (S) 9:30 am: Healthy Hearts
- 23 (W) 10:30 am: Restorative Yoga w/Elika
- 23 (W) 12:00 pm: Real Talk
- 24 (Th) 5:00 pm: Yoga with Afi Ayanna
- 24 (Th) 6:30 pm: Qigong
- 26 (S) 9:30 am: Healthy Hearts
- 30 (W) 10:30 am: Meditation with Elika
- 30 (W) 12:00 pm: Real Talk
- 31 (Th) 5:00 pm: Vinyasa w/Travis

FEBRUARY

- 2 (S) 8:45 am: First Saturday Health Party
- 2 (S) 9:30 am: Strength Training w/Toussaint
- 2 (S) 11:00 am: Community Voices - Report Back from BAAQMD Project
- 5 (T) 4:45 pm: Community Meditation
- 6 (W) 10:30 am: Restorative Yoga w/ Elika
- 6 (W) 12:00 pm: Real Talk
- 7 (Th) 5:00 pm: Yoga w/Afi Ayanna
- 7 (Th) 6:30 pm: Qigong
- 9 (S) 9:30 am: TurnUp Cardio w/Dahrio
- 11 (M) 2:00 pm: Healing Circle
- 12 (T) 5:30 pm – Passport Registration
- 13 (W) 10:30 am: Meditation with Elika
- 13 (W) 12:00 pm: Real Talk
- 14 (Th) 5:00 pm: Yoga w/ Afi Ayanna
- 14 (Th) 6:30 pm: Qigong
- 15 (F) 10:00 am: 2nd Friday Nature Series
- 16 (S) 9:30 am: Strength Training w/Toussaint
- 19 (T) 5:30 pm – Passport Registration
- 20 (W) 10:30 am: Restorative Yoga w/Elika
- 20 (W) 12:00 pm: Real Talk
- 21 (Th) 5:00 pm: Yoga w/Afi Ayanna
- 21 (Th) 6:30 pm: Qigong
- 23 (S) 9:30 am: Strength Training w/Toussaint
- 26 (T) 5:30 pm – Passport Registration
- 27 (W) 10:30 am: Meditation with Elika
- 27 (W) 12:00 pm: Real Talk
- 28 (Th) 5:00 pm: Yoga w/Afi Ayanna
- 28 (Th) 6:30 pm: Qigong

MARCH

- 2 (S) 8:45 am: First Saturday Health Party
- 2 (S) 8:45 am: Spring 2019 Passport to Wellness begins!
- 2 (S) 9:30 am: Strength Training with Toussaint
- 2 (S) 11:00 am: Community Voices - Economic Self-Reliance
- 5 (T) 4:45 pm: Community Meditation
- 5 (T) 5:30 pm: Raja yoga w/Tanya Henderson
- 5 (T) 6:30 pm: L.I.F.T.
- 6 (W) 10:30 am: Restorative Yoga w/Elika
- 6 (W) 12:00 pm: Real Talk
- 7 (Th) 5:00 pm: Slow Flow Yoga w/Sam
- 7 (Th) 6:30 pm: Qigong
- 8 (F) 10:00 am: 2nd Friday Nature Series
- 9 (S) 9:30 am: Fitness with Tiffany
- 11 (M) 2 pm: Healing Circle
- 12 (T) 5:30 pm: Healthy Hearts
- 12 (T) 6:30 pm: Eat Well, Live Well
- 13 (W) 10:30 am: Meditation w/Elika
- 13 (W) 12:00 pm: Real Talk
- 14 (Th) 5:00 pm: Slow Flow Yoga w/Sam
- 14 (Th) 6:30 pm: Qigong
- 16 (S) 9:30 am: Fitness with Tiffany
- 19 (T) 5:30 pm: Healthy Hearts
- 19 (T) 6:30 pm: Eat Well, Live Well
- 20 (W) 10:30 am: Restorative Yoga w/Elika
- 20 (W) 12:00 pm: Real Talk
- 21 (Th) 4:30 pm: Sound Healing (Art & Healing)
- 21 (Th) 6:30 pm Qigong
- 23 (S) 9:30 am: Fitness with Tiffany
- 25 (M) 5:30 pm: Film Screening of "What Happened, Miss Simone?"
- 26 (T) 5:30 pm: Healthy Hearts
- 27 (W) 10:30 am: Meditation with Elika
- 27 (W) 12:00 pm: Real Talk
- 28 (Th) 4:30 pm: Sound Healing (Art & Healing)
- 28 (Th) 6:30 pm Qigong
- 30 (S) 9:30 am: Fitness with Tiffany

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 and Healing w/ Nekia Wright:

This powerful sound series will provide the opportunity for healing and personal expression using ancient sound and energy as a mode of healing and establishing inner calm and equilibrium.

March 21 (Th) 4:30 – 6:00 pm

Community Meditation:

Rejuvenating time to be still and relax with fellow community members. February 5 (T) 4:45 pm; March 5 (T) 4:45 pm

Eat Well, Live Well:

Healthy food demonstration. March 12 (T) 6:30 pm - 7:30 pm
March 19 (T) 6:30 pm - 7:30 pm

Fitness plus w/ Tiffany:

Active movement and education for men and women to gain body strength and more. Tiffany's focus is to prepare our minds and bodies for continued good health and fitness.

March 9, 16, 23, and 30 (S) 9:30 am

Healing Circle:

A community healing and restorative circle addressing grief, collective struggles and rejuvenating, supportive and uplifting practices facilitated by Dr. Monique and Ty. February 11, and March 11 (M) 2:00 pm – 4:30 pm

Healthy Hearts w/ Bontlé:

Energizing movements and sequences with a little Zumba twist!

January 5, 12, 19, & 26 (S) 9:30 am

March 12, 19, and 26 (T) 5:30 pm

L.I.F.T.:

Faith as a rejuvenating practice. This series will provide the opportunity for community support, camaraderie and healing to take place in a safe circle as we delve even deeper in discussions on Faith, self – determination, mutual support, ancestral strength and the fortifying of ourselves and each other. Facilitated by Janine Greer, LMFT.

March 5 Tuesday evening 6:30 – 8:00 pm

Meditation w/ Elika: Rejuvenating time to be still and relax with fellow community members. Elika will lead us in both sitting and walking meditations on these Wednesday mornings. January 16, 30,

February 13, 27, March 13, 27 (W) 10:30 am

Passport to Wellness Registration:

Register for the exhilarating 90 Day Passport to Wellness starting March 5! There will be over 70 exciting classes in nutrition, movement, art and healing and more over the 90 days of health and healing for our bodies, minds and souls!

February 12, 19, 26 (T) 5:30 pm

Qigong w/ David Wei – I'm strong

'cause I do Qigong: Qigong is a traditional wellness system designed to optimize one's entire being - physical, mental, emotional, and spiritual. The movements are martial in nature, however, they are not intended to fight others, and instead they are used to fight off the true killers of our community—cancer, heart disease, and diabetes. *Thursdays in January, February and March 6:30 pm*

Raja Yoga w/ Tanya Henderson:

Stretching and strength building Hatha yoga movements that provide therapeutic and healing benefits! March 5 (T) 5:30 pm

Restorative Yoga w/ Elika:

Restorative Yoga is a perfect practice for everybody and for every body! It is especially supportive for those who experience high amounts of stress, those with weekend immune systems, anyone healing an injury or experiencing a major transition. 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. January 9, 23, February 6, 20, March 6, 20 (W) 10:30 am

Slow Flow Yoga w/ Sam Sebastian:

In Slow Flow Yoga participants coordinate movement with breath to flow from one pose to the next. It gives your body a gentle workout. Postures are structured to gently get you to support your body against the force of gravity, which creates a grounding and flexibility in your body. Stretching and strength building movements will provide therapeutic benefits.

March 7, 14, and 28 (Th) 5:00 pm

Strength Training w/ Toussaint

Active movement for men and women to gain body strength and move with flexibility and power! Feb 2, 9*, 16, & 23, Mar 2 (S) 9:30 am (*Feb 9 will be TurnUp Cardio w/ Dahrio)

Therapeutic Yoga w/ Afi-Ayanna:

Stretching and strength building movements that provide therapeutic benefits! All are welcome and encouraged to come and participate in this healing and strengthening practice. Jan 24, Feb 7, 14, 21, 28 (Th) 5:00 pm

Vinyasa Flow Yoga w/ Travis Jackson:

Coordinate movement with breath to flow from one pose to the next Stretching and strength building movements that provide cardiovascular and therapeutic benefits. January 3, 10, 17, & 31 (Th) 5:00 pm

Complementary Medicine Clinic

Closed for lunch 1:15 pm – 2:15 pm

Acupuncture

Mon: 10 am – 4 pm

Tue, Wed and Thu: 10 am – 6 pm

Massage Therapy

Mon, Tue, Wed and Thu: 10 am – 6 pm

Black Coalition on AIDS

Real Talk - HIV Health Education & Prevention

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

Community Outreach and Engagement

2nd Friday Nature Series: Bringing Nature Indoors January 11, 10:30 am

Community Voices: Healing with herbs

January 12, 11:00 am

Community Voices: Report Back from BAAQMD Project (Tentative)

February 2, 11:00 am

2nd Friday Nature Series: Hike (TBD)

February 15, 10:00 am

Community Voices: Economic Self-Reliance

March 2, 11:00 am

2nd Friday Nature Series: Hike - Presidio Walk March 8, 10:00 am

Film Screening

What Happened, Miss Simone?

March 25 (M) 5:30 pm

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