



Calendar

APRIL – JUNE, 2019

Exercise • Nutrition • Health Screening • Complementary Medicine • Education



Chef Toussaint of Town Wellness and small Rafikian, Taraji

Rafiki invites you to join us as we breathe in Imani (Faith) and release any stressors of 2019.

The African concept of Imani is an integral component woven into each aspect of the Rafiki experience. Join us in invigorating offerings ranging from Vinyasa Yoga to Restorative Yoga, Nature Indoors and Hikes, both sitting and walking meditation, Qigong and other rhythmic movement classes, along with 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!

APRIL

- 2 (T) 5:30 pm: Line Dancing
- 3 (W) 10:30 am Restorative Yoga w/Elika
- 3 (W) 12:00 pm: Real Talk
- 4 (Th) 5:00 pm: Slow Flow Yoga
- 4 (Th) 6:30 pm: Qigong
- 6 (S) 8:15 am: First Saturday Health Party
- 8 (M) 5:00 pm: Bringing Nature Indoors
- 9 (T) 5:30 pm: Line Dancing
- 9 (T) 6:30 pm: Eat Well, Live Well – Chef Toussaint
- 10 (W) 10:30 am Restorative Yoga w/Elika
- 10 (W) 12:00 pm: Real Talk
- 11 (Th) 5:00 pm: Therapeutic Yoga w/Afi-Ayanna
- 11 (Th) 6:30 pm: Qigong
- 12 (F) 10:00 am: Hiking
- 13 (S) 9:30 am: Fitness with Tiffany
- 15 (M) 2:00 pm: Healing Circle
- 16 (T) 5:30 pm: Line Dancing
- 16 (T) 6:30 pm: Eat Well, Live Well – Chef Billy
- 17 (W) 10:30 am Restorative Yoga w/Elika
- 17 (W) 12:00 pm: Real Talk
- 18 (Th) 5:00 pm: Art and Healing: Singing and stick work with Melanie DeMORE
- 18 (Th) 6:30 pm: Qigong
- 22 (M) 5:00 pm: Bringing Nature Indoors
- 20 (S) 9:30 am: Fitness with Tiffany
- 23 (T) 5:30 pm: Line Dancing
- 23 (T) 6:30 pm: LIFT
- 24 (W) 10:30 am: Meditation with Elika
- 24 (W) 12:00 pm: Real Talk
- 25 (Th) 5:00 pm: Slow Flow Yoga
- 25 (Th) 6:30 pm: Qigong
- 26 (F) 10:00 am: Hiking
- 27 (S) 9:30 am: Fitness with Tiffany
- 27 (S) 11:00 am: Family Day with the YMCA at the Joe Lee Gym
- 30 (T) 5:30 pm: Line Dancing

MAY

- 1 (W) 10:30 am: Restorative Yoga
- 1 (W) 12:00 pm: Real Talk
- 2 (Th) 5:30 pm: Qigong
- 2 (Th) 6:45 pm: Vinyasa w/Travis
- 4 (S) 8:15 am: First Saturday Health Party
- 5 (Su) 10:00 am: Bike ride for health w/YMCA
- 6 (M) 5:00 pm: Bringing Nature Indoors
- 7 (T) 4:45 pm: Community Meditation
- 7 (T) 5:30 pm: LIFT
- 8 (W) 10:30 am: Restorative Yoga
- 8 (W) 12:00 pm: Real Talk
- 9 (Th) 5:30 pm: Qigong
- 9 (Th) 6:45 pm: Vinyasa w/Travis
- 10 (F) 10:00 am: Hiking
- 11 (S) 9:30 am: Fitness with Tiffany
- 13 (M) 2:00 pm: Healing Circle
- 14 (T) 5:30 pm: Raja yoga w/Tanya Henderson
- 14 (T) 6:30 pm: Eat Well, Live Well – Chef Toussaint
- 15 (W) 10:30 am: Restorative yoga w/Elika
- 15 (W) 12:00 pm: Real Talk
- 16 (Th) 5:30 pm: Qigong
- 16 (Th) 6:45 pm: Vinyasa w/Travis
- 18 (S) 5:00 pm – 8:00 pm: Fish Fry
- 18 (S) 9:30 am: Fitness with Tiffany
- 21 (T) 5:30 pm: Raja yoga w/Tanya Henderson
- 21 (T) 6:30 pm: Eat Well, Live Well – Chef Toussaint
- 22 (W) 10:30 am: Meditation with Elika
- 22 (W) 12:00 pm: Real Talk
- 23 (Th) 4:30 pm: Art and Healing: Sound Healing with Nekia Wright
- 23 (Th) 6:30 pm: Qigong
- 23 (Th) 8:00 pm: Passport Graduation
- 25 (S) 9:30 am: Fitness with Tiffany
- 31 (F) 9:00 am – 8:00 pm: Opening for the Annual Black Health and Healing Summit – “Imani: Reigniting Black Love and Black Joy”

JUNE

- 1 (S) 8:45 am – 4:00 pm: Black Health and Healing Summit – “Imani: Reigniting Black Love and Black Joy”
- 8 (S) 9:30 am: Healthy Hearts
- 10 (M) 2:00 pm: Healing Circle
- 11 (T) 5:30 pm: Move your body
- 12 (W) 10:30 am: Restorative Yoga w/Elika
- 13 (Th) 5:30 pm: Qigong
- 13 (Th) 6:45 pm: Yoga w/Afi-Ayanna
- 15 (S) 9:30 am: Healthy Hearts
- 18 (T) 5:30 pm: Move Your Body
- 19 (W) 10:30 am: Restorative Yoga w/Elika
- 20 (Th) 5:30 pm: Qigong
- 20 (Th) 6:45 pm: Yoga w/Afi-Ayanna
- 22 (S) 9:30 am: Healthy Hearts
- 24 (M) 5:30 pm: Rafiki Film Screening
- 25 (T) 5:30 pm: Move Your Body
- 26 (W) 10:30 am: Meditation w/Elika
- 27 (Th) 5:30 pm: Qigong
- 27 (Th) 6:45 pm: Vinyasa w/Travis
- 29 (S) 9:30 am: Healthy Hearts

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.rafkicoalition.org
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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: Singing and Stick work with Melanie DeMORE:

Melanie's workshop gets folks to sing together who normally don't sing much. She says that there's nothing like presenting to a group of singers that don't sing much and having them all singing at the top of their lungs and grinning broadly. Also, there's learning the basics of Gullah Stick Pounding. We will create a foot stomping, hand-clapping rhythmic community and combine it with singing spirituals and songs of protest and peace. Participants will learn about Gullah/Geechee culture through its dynamic music and rhythmic heart. We will, as a community, turn the whole place into a living, breathing drum.

April 18 Thursday evening 4:30 – 6:00 pm

Art and Healing with 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. Nekia facilitates sound healing by guiding and offering techniques and strategies to promote the use of sound to improve physical and emotional health and concentration.

May 23 Thursday evening 4:30 – 6:00 pm

Community Meditation:

Rejuvenating time to be still and relax with fellow community members

May 7 (T) 4:45 pm

Fitness plus with 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. *April 6, 13, 20, 27, and May 4, 11, 18, Saturdays 9:30 a.m.*

Healing Circle: A community healing and restorative circle addressing grief, collective struggles, rejuvenating, supportive, and uplifting practices facilitated by Dr. Monique and Ty. *April 15, May 13, and June 10 (M) 2:00 pm – 4:30 pm*

Healthy Hearts with Bontlé:

Energizing movements and sequences with a little Zumba twist!

June 1, 8, 15, 22 & 29, (S) 9:30 am

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.

April 23 Tuesday evening 6:30 – 8:00 pm &

May 7 5:30 – 7:00

To be facilitated by Janine Greer

Meditation with 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.

April 24, May 22, June 26, (W) 10:30 am

Move Your Body Series (Middle Eastern Dance) with Pat:

Fusion dance series with portions of belly dance, Bollywood, Bhangra, Flamenco and Persian dance. Exhilarating for all ages, shapes, and energy levels. *June 11, 18 & 25, (T) 5:30 pm*

Passport Graduation:

End of Passport Celebration! Come support the graduates of the Spring 2019 Passport. *May 23 (Th) 8:00 pm*

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

Qigong, often referred to as Chinese Yoga, is a traditional wellness system designed to optimize one's entire being - physical, mental, emotional, and spiritual. The movements are Maytial 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 at 6:30 pm in April and 5:30 pm in May and June*

Raja Yoga with Tanya Henderson:

Stretching and strength building Hatha yoga movements that provide therapeutic and healing benefits!

May 14, 21, (T) 5:30 pm

Restorative Yoga with Elika:

Restorative Yoga is a perfect practice for everybody and especially those who experience high amounts of stress, those with weakened immune systems, anyone healing an injury or experiencing a major transition. This is an amazing way to practice self-care, by restoring and renewing body, mind and spirit. You will enjoy supported poses with conscious breathing to create deep cradling of the body and encouraging healing and ease. *April 3, 10, 17; May 1, 8, 15; June 12, 19; (W) 10:30 am*

SlowFlow Yoga with 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 weight which creates grounding and flexibility. Stretching and strength building movements will provide therapeutic benefits. *April 4, 25; (Th) 5:00 pm*

Therapeutic Yoga with Afi-Ayanna:

Stretching and strength building movements that provide therapeutic benefits! *April 11 (Th) 5:00; June 13, 20 (Th) 6:45 pm*

Vinyasa Flow Yoga with Travis:

Flowing yoga with stretching and strength building movements that provide cardiovascular and therapeutic benefits. *May 2, 9, 16 and June 27 (Th) 6:45*

12th Annual Black Health & Healing Summit 2019

"Imani: Reigniting Black Love and Black Joy"

May 31, 9:00 am – 8:00 pm

June 1, 9:00 am – 4:00 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

Film Screening

Title TBD: *June 24 (W) 5:30 pm:*



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601 Cesar Chavez St. (between 3rd St. and Pier 80), SF, CA 94124

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



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