



Calendar

JULY – SEPTEMBER, 2019

Exercise • Nutrition • Health Screening • Complementary Medicine • Education

UMOJA



Photo of Rafiki staff at the 2019 Black Health and Healing Summit.

The Swahili concept of Umoja will be the cornerstone of our upcoming seasons and the theme of Umoja will be launching as we begin our summer programming. Umoja translates to, “striving for and maintaining unity in the family, community, nation and race.” Weaving in Umoja, the Rafiki Coalition continues in our mission to eliminate inequalities in San Francisco’s Black and marginalized communities through education, advocacy, and by providing holistic health and wellness services in a culturally-affirming environment. We affirm an informed, educated, healed, resilient, happy, united, productive, committed, respectful, empowered, mobilized and engaged community where life is valued and the diversity of the African Diaspora is celebrated. Don’t let summer pass you by. Support our health and wellness movement and bring a friend or two with you to Rafiki programs. Rafiki continues to applaud the hard work and determination that you build upon each season. Let’s continue to get healthier together and revel in the unity that Umoja affirms!

A summer health and wellness menu just for you!

JULY	AUGUST	SEPTEMBER
3 (W) 10:30 am: Restorative Yoga with Elika	1 (Th) 5:30 pm: Healthy Hearts with Bontlé	4 (W) 10:30 am: Restorative Yoga with Elika
8 6:30 pm: Movie Night (We'll go out together to see the film, <i>The Last Black Man in San Francisco</i> at the Roxie Theater in the Mission)	3 (S) 10:00 am: MoMagic Backpack Giveaway	4 (W) 12:00 pm: Real Talk
10 (W) 10:30 am: Restorative Yoga with Elika	7 (W) 10:30 am: Restorative Yoga with Elika	5 (Th) 5:30 pm: Qigong with David
10 (W) 12:00 pm: Real Talk	7 (W) 12:00 pm: Real Talk	7 (S) 9:00 am: Saturday Health Event – Spirit of the Heart
11 (Th) 5:30 pm: Therapeutic Yoga w/Afi-Ayanna	8 (Th) 5:30 pm: Healthy Hearts with Bontlé	11 (W) 10:30 am: Restorative Yoga with Elika
12 (F) 10:00 am: Hike: Presidio	14 (W) 10:30 am: Restorative Yoga with Elika	11 (W) 12:00 pm: Real Talk
17 (W) 10:30 am: Restorative Yoga with Satya de la Paz	14 (W) 12:00 pm: Real Talk	12 (Th) 5:30 pm: Qigong with David
17 (W) 12:00 pm: Real Talk	15 (Th) 5:30 pm: Healthy Hearts with Bontlé	13 (F) 10:00 am: Hike (TBD)
18 (Th) 5:30 pm: Healthy Hearts with Bontlé	17 (S) 11:00 am: Qigong Intensive with David	17 (T) 5:30 pm: Passport Registration
20 (S) 9:30 am: TurnUp Cardio with Dahrio	17 (S) 10:00 am: BMagic Backpack Giveaway (Now Hunter's Point 155 Jennings Street @ Cargo Way.)	18 (W) 10:30 am: Restorative Yoga with Elika
20 (S) 11:00 am: Qigong Intensive with David	19 10:00 am: Nature Series Hike along the Tennessee Valley Road in Marin County.	18 (W) 12:00 pm: Real Talk
24 (W) 10:30 am: Restorative Yoga with Elika	21 (W) 10:30 am: Restorative Yoga with Elika	19 (Th) 5:30 pm: Qigong with David
24 (W) 12:00 pm: Real Talk	21 (W) 12:00 pm: Real Talk	19 (Th) 6:30 pm: Passport Registration
25 (Th) 5:30 pm: Healthy Hearts with Bontlé	22 (Th) 5:30 pm: Healthy Hearts with Bontlé	21 (S) 12:00 pm: Restorative Yoga and Sound Healing for the Fall Equinox facilitated by Elika Aird and Shirley Johnson
31 (W) 10:30 am: Meditation w/Elika	28 (W) 10:30 am: Meditation with Elika	24 (T) 5:30 pm: Passport Registration
31 (W) 12:00 pm: Real Talk	28 (W) 12:00 pm: Real Talk	25 (W) 10:30 am: Restorative Yoga with Elika
	29 (Th) 5:30 pm: Raja Yoga w/Tanya Henderson	25 (W) 12:00 pm: Real Talk
		26 (Th) 5:30 pm: Qigong with David

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 x101 | rhn@rafikicoalition.org

Exercise, Nutrition and Wellness

For more information, contact Ashanti Taylor by calling 415.615.9945, ext 101, or email rhn@rafikicoalition.org.

Community Voices

Dr. Jonathan Butler

Spirit of the Heart— addressing cardiovascular disease.

Sept 7

Friday Nature Series & Hike

On July 12th, come join us as we walk the Presidio Promenade Trail. There will be free transportation. On Aug 9th, Enjoy the great outdoors on a hike with Rafiki and co-hosted with Golden Gate Nature Conservancy.

RSVP to Maxine@rafikicoalition.org

July 12 & Aug 9 (F) | 10:00 AM – 3:00 PM

Healthy Hearts with Bontlé

Energizing movements and high energy sequences with a Zumba twist!

July 18, & 25; Aug 1, 8, 15, & 22 | (Th) 5:30 pm

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 particular Wednesday mornings.

July 31, Aug 28, Sept 25 | (W) 10:30 am

MOVIE Night

7/8/19

The Roxie Theater, 6:30 PM

Address: 3117 16th St, SF, CA 94103

Phone: (415) 863-1087

In-theater movie event

Let's go out together to see **The Last Black Man in San Francisco** Limited free tickets available. RSVP Maxine@rafikicoalition.org

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

Practice is a Party – "Pai Da Party" – Applaud Life. Celebrate your health and wellness with a standing ovation. Literally clap for life, and feel the fresh flow of circulation buzz about in your palms.

"PaiDa LaJin" is a classical Chinese healing method that is nothing more than clapping and slapping followed by stretching and resting. This method has been celebrated

through the centuries for both its simplicity and effectiveness. Clapping is first done at the hands, and then done all over the body to promote even blood flow and circulation. From there, breathing, stretching, and massage are included to nourish and ground.

Join our resident Qigong teacher, David Wei, as he guides you through an easy and engaging experience - the Pai Da Party. Solo, partnered, and small group exercises will all be introduced, coupled with stretching, therapeutic breathing, and gentle massage to compliment the fun.

**No experience necessary.*

**Kindly wear loose, comfortable clothing.*

**Please, no jewelry or other adornments.*

July 20 & Aug 17 | (S) 11:00 a.m. – 2:30 pm. w/ David

Qigong with David Wei

Qigong is a traditional wellness system designed to optimize one's entire being - physical, mental, emotional and spiritual.

Sept 5, 12, 19, 26 | (TH) at 5:30 PM

Raja Yoga with Tanya Henderson

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

Aug 29 | (Th) 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 weak 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 to cultivate greater harmony in all areas of your life. 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.

July 3, 10, 24 (July 17th with Satya De La Paz); August 7, 14, 21; Sept 4, 11, & 18 (W) 10:30 am

Restorative Yoga and Sound Healing Intensive for the Fall Equinox with Elika Aird and Shirley Johnson

This is a practice for everybody that experiences the effects of stress and would like to practice yoga that has the power to deeply restore and renew the body and mind. The

Fall Equinox (Sept 23rd) is a day of equal light and darkness, and reminding us to cultivate greater harmony at this time of the year for enhanced immunity and well-being. You will enjoy supported poses with bolsters, blocks and other props along with conscious breathing to create a deep cradling of the body to encourage healing and greater ease during any time of transition. We will end with a meditative session from the Kundalini Yoga tradition, perfect for inviting balance throughout the season. The restorative practice will be taught by Elika Aird and guided by the divine sounds of crystal sound bowls played by Shirley Johnson ~ psychotherapist, energy healer and yoga teacher. Through the use of crystal sound bowls which are attuned for each chakra, participants will experience the ability to relax and deepen into a meditative state and recharge their chakras and energetic bodies. All levels and abilities are welcomed, including Pregnancy.

Sept 21 | (S) 12:00 pm – 3:30 PM

Therapeutic Yoga with Afi-Ayanna

Stretching and strength building movements and breath work for transformational change that provide therapeutic benefits! All are welcome and encouraged to come and participate in this healing, rejuvenating and strengthening practice.

July 11 | (Th) 5:30 PM

TurnUp Cardio Hip Hop with Dahrio Wonder

Whether you have experience or not, this dance fitness class allows you to feel accomplished and successful, revealing your unique flavor and swag by the time you leave the class! In the class, you will perform choreography exercises, combined with fun routines, that are guaranteed to make you sweat!

July 20 | (S) 9:30 AM

SAVE THE DATES

November 20, 2019

Rafiki Holiday Party

June 5 & 6, 2020

2020 Umoja themed

Rafiki Black Health and

Healing Summit

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