

Race, Equality and Yoga

Tutor:	James Chapman
Type of Day	Ongoing Training Day
Topic/Title	Race, Equality and Yoga
Date	Sunday 17th July 2022
Start Time & End Time	9:30am-1:30pm
Location	Online via Zoom
CPD Points	5

About this session:

Race, Equality and Yoga

Racism affects every sphere of our society and has wide implications for the health and well-being of those who directly suffer it and also their descendants. People who suffer from racial discrimination are more susceptible to a wide range of mental & physical health conditions and as yoga teachers & therapists we should be aware of why this is and how we can help. Before we can do this we need to be fully able to recognise when we ourselves are holding unconscious bias because of someone's race or ethnicity and have the competence to act on it to make positive change, not only within ourselves, but for the wider community.

About James Chapman:

James Chapman is a Yoga Therapist and Yoga Teacher with over 19 years' experience. He has a special interest in mental health & addiction, is a Mental Health First Aid (MHFA) England Instructor and has worked with the NHS and some of the leading charities and rehab clinics in this field. James has also worked for many years as a myofascial release massage therapist.

His approach is inspired by his own journey overcoming mental ill health and a chronic spinal condition from years of working in a city based job. These experiences have given him a true understanding of the transformational qualities of yoga.

James teaches Yoga for Mental Health at triyoga Camden, works with clinical teams as a yoga therapist and teaches modules on Race, Ethnicity & Yoga for a number of leading yoga teacher training providers.

