



December Self-Care Activities

WHO: Rafiki Coalition for Health & Wellness

WHAT: December Programs

WHERE: Rafiki Coalition, 601 Cesar Chavez

CONTACT: 415.615.9945

WHEN/NOTES: L.I.F.T.: Dec. 18 6:30pm - A rejuvenating practice, in which community members gather in a safe circle to discuss faith, support and strength. **Restorative Yoga: Dec. 19 10:30am** - Yoga as a practice of self-care by restoring and renewing mind, body and spirit. | **Vinyassa Flow Yoga: Dec. 6 & 13 5pm** - Stretching and strength building movements that provide therapeutic benefits. | **Qigong with David Wei: Dec. 6, 13, 20 6:30pm** - Traditional Chinese yoga designed to optimize one’s entire being. | **Community Healing Circle: Dec. 10 2pm** - A community healing and restorative circle addressing grief, collective struggles and rejuvenating uplifting practices | **Eat Well, Live Well: Dec. 11 6:45pm** – Healthy food education and demonstration | **Healthy Hearts Dec. 8, 15 9:30am** – Energizing movements and sequences with a Zumba twist. | **Rafiki Movie Night: Dec. 17 5:30pm** – Movie screening of “The Wiz” open for the community. | **Sound Healing: Dec. 20 4:30pm** - A series of healing using ancient sound and energy to achieve inner calmness and equilibrium | **Passport Graduation Dec. 20 7:30pm** A graduation celebration for Passport program participants.

WHO: Comm(UNITY) & Rino Consulting Solutions

WHAT: Comm(UNITY) Collective Healing Circle

WHERE: Community Well, 78 Ocean Avenue

WHEN: Friday, December 7, 2018

CONTACT: [Purchase tickets here](#)

NOTES: In September Comm(UNITY) piloted “Be the Healing” Workshop series and we are offering the first of many restorative healing circles for social service providers to experience hope and healing collectively, as a community. The healing circles will be a safer space to be present, engage with our guides, higher selves, to restore and heal our spirits. This will help re-fill the capacities of service providers to continue bringing love and care to communities in most need. The circle is for professionals providing direct service to people in Bay Area schools, youth programs, family and community services, educators, social workers, therapists, counselors,

case managers, front line staff in trauma prone environments & communities are encouraged to attend.

WHO: Bayview YMCA

WHAT: Mindful Mondays

WHERE: Bayview YMCA, 3rd Floor, AAHW Room

WHEN: EVERY Monday 5:30pm-7:30pm

CONTACT: 415.822.7728

NOTES: Mindful Mondays is a women's support group, an art group, a healing circle, a mindfulness group, a place to speak truth to power, and a place to talk of our new intentions for the New Year and beyond. Please come. Bring YOURSELF. Brings Sistahs that want to change, grow, dream and manifest health and wellness. Bring your strength. Bring your honesty. Bring your joy and laughter. Bring your magic! First Monday: Resolutions and Intentions. 2nd Monday: Healing Circle. 3rd Monday: Art and Soul. 4th Monday: Sistah Love.
