



## Upcoming Events for March 2017

---

### Uprise! Yoga:

In UpRise! Yoga, Rebeccah Bennett and Dr. April Warren-Grice provide a healing space for those in need of relief from toxic stress, oppressive dynamics and hostile environments. These *free*, life affirming classes cultivate flexibility of mind, body and spirit, helping to transform outworn ways of being. They beautifully blend meditation, deep breathing, yoga and inspirational wisdom to create a full-bodied experience of relaxation and renewal.

Meets every Sunday from 9:00 to 10:15 am  
Instructor: Rebeccah Bennett

Meets every Wednesday from 6:00 to 7:30 pm  
Instructor: Dr. April Warren-Grice



### Spirit Rising: A Salon for the Soul

Join us bi-monthly for Spirit Rising – a gathering where life's travelers meet up to share their discoveries, insights and yearnings. It is a rest stop, offering a departure from our focus on the management of life to attend more fully to the meaning of life. And, it is a workshop where participants engage in rigorous self-discovery and soul searching. All are welcome!

Meets first and third Sundays from 10:30 am to 12:00 pm  
Cost: Donations Welcomed!

As a hub for community healing and restoration, InPower Institute has partnered with individuals, community organizations, health and wellness practitioners, and networks to provide high quality, transformative experiences to people seeking hope, healing, and wholeness:



### **Emotionally Vibrant Living:**

Join Dr. Kira Banks in a six week session that explores the ways African American women have internalized negative messages and image shares tips on how they can live emotionally vibrant lives.

Meets 3/2, 3/9, 3/16, 3/23, 3/30, and 4/14 from 6:30 to 8:00 pm

Support group for African American women

RSVP by 2/22 to kirabanks@gmail.com

Cost: Donations welcomed!

### **Ananda Yoga:**

In Sanskrit, Ananda means bliss. In this six hour workshop led by Darlene Donegan, a certified yoga instructor and facilitator of monthly group meditation classes, participants will enjoy the direct experience of bliss through the practice of meditation. Using the meditation techniques from Osho Ashram in Pune, participants will clear blocks in the seven energy centers within their bodies, allowing them to experience the unified field. All experience levels are welcome. To register, email Darlene Donegan at dcdonegan314@gmail.com.



Meets March 18<sup>th</sup> from 9:00-3:00 pm

Cost: \$18



### **Transformational Agenda Retreat**

In this one-of-a-kind retreat led by Howard Denson, participants gather to examine cultural intergenerational trauma (i.e. the negative mental legacies of slavery) and its contemporary impacts on the African American community. This retreat is open to all who seek a deeper understanding of these issues and are interested in more effectively addressing them.

Meets March 24<sup>th</sup> from 8:00 am -4:00 pm

Cost: Visit [www.transformationalagenda.org/register](http://www.transformationalagenda.org/register)

### **TO REGISTER FOR WORKSHOPS / CLASSES:**

If you are interested in attending any of the workshops and classes, please email Adrienne Denson at [adenson@emergingwisdomllc.com](mailto:adenson@emergingwisdomllc.com) (unless otherwise instructed). For the UpRise! Yoga classes and Spirit Rising Salons, you may drop in without prior notice or registration. Be sure to like InPower Institute on Facebook for up-to-the minute class announcements and notices of cancellation.