

SUGAR & DECOLONIALITY

Join us on a 4-part experiential journey to delve deeper into *why* decolonizing sugar matters and *how* we may undo the injustices of coloniality in our work to address chronic disease health disparities.

Participants will explore somatic and creative experiences to deepen their understanding of the impacts of coloniality on the health of our communities and receive resources to continue this conversation in our homes, workplaces and communities. To help you metabolize, integrate, and balance the topics presented, we are pleased to offer a **free yoga class** by Saeeda Hafiz before or after each session to further decolonize the body, mind, and spirit.



"The hope – the radical optimism - is to not succumb to the notion of defeat or inefficiency because you're just one person within a larger system. But like fractals, the one part does mimic and can impact the whole. It just depends on how much you believe your ideas."

Dr. Amber McZeal

Fri 4.7.23 | 10 am-3 pm | *yoga 3:15-3:45 pm*
The Subtle Body of the Institution

Glen Park Canyon Rock Wall Room
70 Elk St., SF, CA 94131

Wed 5.24.23 | 10 am-1 pm | *yoga 1:15-1:45 pm*
Centering Imagination in Change Efforts

Art Lab in the Crissy Field Center
603 Mason Street, SF, CA, 94129

Wed 6.14.23 | *yoga 1-1:30 pm* | 1:30 pm-4:30 pm
Peace Walk & Deeper Integration

Campfire Circle at Presidio Tunnel Tops
Near the Presidio Visitor Center, 210 Lincoln Blvd, SF, CA 94129

Fri 9.15.23 | 10 am - 3 pm | *yoga 3:15-3:45 pm*
Closing Celebration & Next Steps

Glen Park Canyon Rock Wall Room
70 Elk St., SF, CA 94131

For more information about the series and to register, visit:
www.shapeupsfcoalition.org/decoloniality

Writer, vocalist, sacred scholar, and activist, Dr. Amber McZeal utilizes sound therapy and guided somatic imagery to engage the knowledge of the body within an interactive and liberatory arts practice. Amber holds an M.A. in Somatic depth psychology and Ph.D. in Community, Liberation, Indigenous, and Ecological depth psychology.

