

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.



SESSION 1: THE SUBTLE BODY OF THE INSTITUTION

April 7, 2023 at the Glen Park Canyon Recreation Center
70 Elk St., SF, CA 94131

This session will deepen and integrate the intersection between sugar, capitalism, coloniality, and slavery; integrate critical consciousness around institutional change; and explore perspectives on cultivating a broader care ethic. **A FREE and healthy lunch will be provided.**

By attending this session, participants will:

- Deepen understanding of the links between coloniality/decoloniality, slavery, capitalism and sugar.
- Identify barriers to change within our own systems and organizations.
- Identify and explore strategies to disrupt colonial patterns and ways of thinking within ourselves and our institutions.
- Share collective experiences and stories to build community.

To help you metabolize, integrate, and balance the topics presented, Saeeda Hafiz will lead a **FREE yoga** class to further decolonize the body, mind, and spirit after the session. Registration for session 1 will close on March 31, 2023. www.shapeupscoalition.org/decoloniality

AGENDA

9:30-10:00	Registration, coffee and tea
10:00-10:30	Welcome and opening
10:30-11:00	The link between coloniality, decoloniality, slavery, capitalism, and sugar.
11:00-12:00	Depathologizing the community <i>What can I do now to disrupt this pattern or way of thinking within a system?</i>
12:00-12:30	Healthy lunch
12:45-2:00	The Subtle Body of the Institution & Tending Change
2:00-3:00	Embodiment Practice & Dialogue <i>What prevents change in my organization? What do I desire to have changed?</i>
3:15-3:45	Yoga (optional)