



**FALL
2019**

events

YEAR of  **YOGA**
FOR EVERY BODY



University at Buffalo

Inclusive Excellence

Office of the Provost

FALL EVENTS 2019

SUICIDE PREVENTION WEEK: YOGA TO MANAGE MOODS WORKSHOP

Wednesday, September 11 • Diefendorf 7 Basement level, South Campus • 4:30–6:00 p.m.

Hatha Yoga provides a holistic approach to mood and symptom management. Using a combination of gentle physical poses, mindful-breathing, and relaxation techniques, participants will feel more connected and balanced within the body and mind. A trauma-sensitive, person-centered approach will be utilized, and individual attention and modifications will be provided as needed. No prior yoga experience is required.

DIFFICULT CONVERSATION (DIFCON): YOGA, MEDITATION AND CULTURAL APPROPRIATION

Thursday, September 12 • Landmark Room, 210 Student Union, North Campus • 12:00–1:30 p.m.

Come join us for lunch and a lively conversation about cultural appropriation and yoga, meditation, and other mindfulness practices that have been growing in popularity in the U.S., and around the globe. After commentary provided by a student/faculty panel, attendees will be invited to ask questions and share their perspectives on the issue.

BATTLESHIP YOGA

Sunday, September 22 • Naval Park, Buffalo, NY 14202 • 11:00 a.m.–1:00 p.m.

Doors open at 11:00 a.m. Yoga at 11:30 a.m.–12:30 p.m. (to get you home in time for football!). Yoga is a Vinyasa Flow Class for all levels. Tickets are \$20, and also get you an all-day pass to the Naval Park. To purchase tickets, visit <https://squareup.com/store/yogisinservice>.

SHARON SALZBERG TALK AND BOOK SIGNING

Friday, September 27 • Student Union Theater, North Campus • 3:00–5:00 p.m.

Join us for talk by internationally renowned loving kindness meditation teacher and author, one of the people who brought Buddhist meditation and mindfulness practice to the West and into mainstream culture. Her newest book *Real Love: The Art of Mindful Connection* is a reminder to all of us of how we are all connected and deserving of love.

RELAX ON DEMAND WITH RES FIT

Monday, October 7 to Friday, October 11

Richmond Hall Aerobic Room, Ellicott Complex, North Campus • 6:00 a.m.–12:00 a.m.

During the week of October 7–11, the Richmond Res Fit Aerobics Studio will be participating in the Year of Yoga event. During this time, the normal class schedule will be postponed. On demand classes such as yoga, meditation and mindfulness will be held in a quiet space. Yoga mats, blocks and other accessories will be provided for use, but don't be afraid to bring your own. We look forward to seeing you!

NATIONAL COMING OUT DAY WITH HEART FIRE YOGA

Wednesday, October 9 • 7 Diefendorf Hall, South Campus • 5:00 p.m.

In celebration of National Coming Out Day, join the LGBTQ Faculty and Staff Association for a yoga class facilitated by Heart Fire Yoga, a local queer-friendly, owned and operated business.

TRADITIONAL TEACHINGS OF THE GOOD MIND

Monday, October 14 • Landmark Room, 210 Student Union, North Campus • 11:00 a.m.–1:00 p.m.

Workshop hosted by Michael Martin (Onondaga, Beaver Clan) this session will explore the relationships of our minds to thoughts, behaviors and wellbeing. Attendees can learn to increase awareness of what clouds our minds, how to maintain our Good Minds, and how we can harness our collective power, known as Orenda, when Good Minds come together.

MATTHEW SANFORD DOCUMENTARY SCREENING

Thursday, October 17 • 403 Hayes Hall, South Campus • 6:00–8:00 p.m.

"Standing | Still Standing" is a documentary that captures the experiences of three people with medical conditions and disabilities learning yoga from Matthew Sanford, a paraplegic yoga instructor. Join us for new insights into yoga for every body! Followed by moderated discussion with Matthew Sanford (virtual). Light refreshments will be provided.

YOGA WORKSHOPS FOR ADULTS WORKING WITH YOUTH

TRAUMA INFORMED YOGA IN SCHOOLS

Thursday, November 21 • 145 Student Union, North Campus • 9:00 a.m.–12:00 p.m.

Yogis in Service, along with Jessica Bauer Walker and Sherman Webb from the Community Health Worker Network of Buffalo will provide an overview of trauma informed yoga in schools, including examples of yoga and mindfulness in the Buffalo School District and surrounding communities. Registration begins at 8:30 a.m. The event is free; optional lunch for \$15 from 12:00–1:00 p.m.

MINDFULNESS THROUGH YOGA WORKSHOP

Thursday, November 21 • 145 Student Union, North Campus • \$65, free for UB Students, Faculty and Staff • 1:00–4:00pm

Conducted by Julie Leatherbarrow from Budding Tree Yoga, this three-hour presentation will include breathing exercises, and yoga postures to bring energy up and calm energy down. Concentration will be on the breath, as it is crucial to mindfulness and will assist students in modifying their own behavior as well as managing stressful situations. The postures and breathing exercises will be taught and practiced during the workshop and materials will be provided for the participants to take with them for future reference. This workshop is appropriate for educators and anyone who interacts with children in any capacity; occupational therapists, physical therapists, social workers, pediatricians, teachers, etc.

For additional events and information, visit

www.buffalo.edu/inclusion/projects/yoga-for-every-body



To request accommodations for disability, contact Sue Mann Dolce at samann@buffalo.edu or 716-645-2608. All events are free unless otherwise noted.