



BLACK YOGA TEACHERS ALLIANCE CONFERENCE  
We Are Family

**FRIDAY, AUGUST 20**

7:00–8:00 pm

**Welcome to the Black Yoga Teachers Alliance Conference**

Jana Long and Dr. Gail Parker co-host an introductory celebration. Join as they invoke and invite Ancestors, introduce the presenters, and facilitate a circle of love.

**SATURDAY, AUGUST 21**

9:30 am

- Zoom room opens
- Musical Interlude
- Welcome/Virtual housekeeping

10:00–11:00 am

**Ubuntu Family Flow with Terry, Ericka, Mhari Harris, and the Collective STL**

Ubuntu is a South African philosophy that means “we are one.” This hour-long practice is for the entire family! It includes a gentle yoga flow followed by a guided meditation that is designed to cultivate, self-compassion, self-awareness, and self-love to be a better family. We are one. Ubuntu.

11:00–11:15 am

**Musical Interlude**

“8 N All” by Jhelisa

11:15–11:30 am

**Every Yogi’s Guide to Exploring Yoga with the Kids They Love**

Crystal McCreary, author of *Little Yogi Deck*, will guide this workshop to explore yoga as “union” with the kids we love. This workshop will introduce adult practitioners to a safe, inclusive, and developmentally supportive exploration of yoga and best practices that bolster our kids’ rich capacity for connection, resiliency, and liberation.

12:30–1:00 pm

**Video Interlude**

BYTA Voices and Honoring our Ancestors

2:00–2:30 pm

**Reflections**

2:30–3:00 pm

**Chair Yoga Flava**

Join Robin and her father, Sergeant Major Downes, who is in his 80s, for a session of Chair Yoga Flava™. Enhanced with the Flava of multigenerational musical grooves to ancient yoga moves in a chair! Tips, Q&A about caring for elderly parents with Yoga.

3:00–4:30 pm

**Panel 1 Discussion—Yoga in the Modern Family**

Robin Downes, (extended family); Cleora Francis-O’Connor, (grieving family); Michele Coleman, (non-binary family); Tamara Jeffries (householder, moderator); Jacqueline Oselen, (Christian family).

**Please note** Times are subject to change. All times are EST and will be streamed live via Zoom.



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**SUNDAY, AUGUST 22**

9:30 am

Zoom room opens

9:45–10:30 am

**Interview & “Ambrosial Morning Meditation” with Krishna Kaur**

Expand your intuition to know in an instant what is true and what is not. Challenges and uncertainties are Heavenly gifts reminding us to serve all as warriors of light, love, and compassion. And, doing it as a family is what really matters.

10:30–11:00 am

**Interlude**

Music and slideshow

11:00 am–12:00 pm

**Panel 2 Discussion—Yoga in the Global Family**

Wardah Hartley (South Africa), Paula Hines (United Kingdom), Phyllis Jeffers-Coly (West Africa), Malaika Maitland (Caribbean), moderator Gail Parker (United States)

12:00–12:30 pm

**Interlude**

“The Uncommon Yogi: A History of Blacks & Yoga in the U.S.”

12:30–1:30 pm

**Afro Flow Yoga® Family Closing Ceremony with Leslie Salmon & Jeff Jones**

In this multi-generational heart centered closing ceremony, we will honor our ancestors and celebrate the power of our collective wisdom. Together, in a collaborative, interactive practice of Afro Flow Yoga, which integrates yoga, dance, and live music, we will release what is no longer serving us and we will fortify our family connections through raising the vibration of love, light, and compassion.

1:30 pm

**Farewell and thank you!**