

More Than Magic: Black Women & Wellness

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"While everyone should have access to wellness, for many, it appears to be a luxury rather than a necessity"



What is Yoga?

"to yoke" "to join" to unite"

Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress.

Vinyasa - Hatha - Yin - Restorative
Ashtanga - Bikram



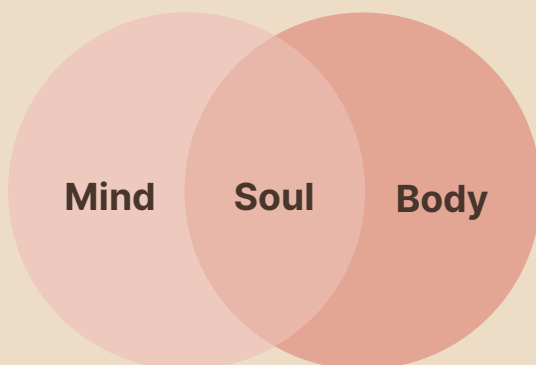
Wellness Categories

Emotional, Physical, Occupational, Social, Spiritual, Intellectual, environmental, and Financial.



Benefits of Yoga

Helps decrease blood pressure
Assists with stress reduction
Helps reduce anxiety
Enhances flexibility
Improves sleep
Increases sense of balance



8 Limbs of Yoga

1

Yamas
(restraints)

2

Niyamas
(observances)

3

Asana
(pose)

4

Pranayama
(breath)

5

Pratyahara
(withdrawal from the senses)

6

Dharana
(intense focus)

7

Dhyana
(state of meditation)

8

Samadhi
(state of oneness)

Book Suggestions



- Black Women's Yoga History: Memoirs of Inner Peace by Stephanie Y. Evans
- Pause, Rest, Be: Stillness Practices for Courage in Times of Change by Octavia F. Raheem
- Restorative Yoga for Ethnic and Race-Based Stress and Trauma by Dr. Gail Parker

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