

STRETCHING DIVERSITY

TEACHING TO ALL HUMANS

LEARN TO WORK WITH:

fat humans
disabled humans
depressed & anxious humans
chronically ill humans
trans/queer humans
trauma surviving humans



3 HR OR FULL DAY WORKSHOP TOPICS INCLUDE:

consent culture
creating safe spaces
importance of language
food & body shaming
modifying asana

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change  yoga

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what others have said about stretching diversity:

"kesse has an expertise on inclusivity that should be shared among everyone"

"i would absolutely recommend this skillshare because i feel like these topics are underappreciated & this skillshare was a great introduction to such topics"

"i would recommend this skillshare because yoga needs to be so much more inclusive"

"this skillshare helps us to reflect on the things we say & do as teachers & helps us rewire & rethink our approach"

"i would recommend this skillshare because we need to think outside the box"

"this skillshare helps because most people are just unaware of how they impact others"

"you can always learn more!"

Are your classes as inclusive as they can be?

our students

- 1 in 4 have experienced trauma
- over 117 million people living with chronic illnesses/pain
- millions identify as trans and/or queer
- 60% of people are living in a larger body and experience fatphobia
- at least 30 million people of all ages and genders suffer from an eating disorder in the U.S.

agenda includes

- you can yoga class (full day)
- creating a consent culture
- beginning to be trauma informed
- the importance of language
- how we may spread the harm
- food & body shaming in yoga
- chronic pain & illness
- physical adjustments