

YOU ARE INVITED TO
A ZOOM MEETING

Yoga Class

FOR ALL
LEVELS

Oct 27, 2021 05:00 PM Eastern Time
(US and Canada)



Willson Center for
Humanities & Arts
UNIVERSITY OF GEORGIA

REGISTER HERE

After registering, you will receive a confirmation email containing information about joining the meeting.

Sha'Mira Covington is a PhD candidate in the Department of Textiles, Merchandising, and Interiors and the Institute for African American Studies. Her research focuses on the relationship of embodiment and liberation for Black women. Because yoga has been so beneficial to her well-being, Sha'Mira is compelled to share it with others. She is a registered yoga teacher and holds certifications in rocket yoga, prenatal yoga, and kids yoga. She has formerly taught at Five Points Yoga in Athens and currently guides yoga through her project, Ori Dharma Yoga which is a community-based collective interested in bringing yoga to groups that western yoga has excluded.

