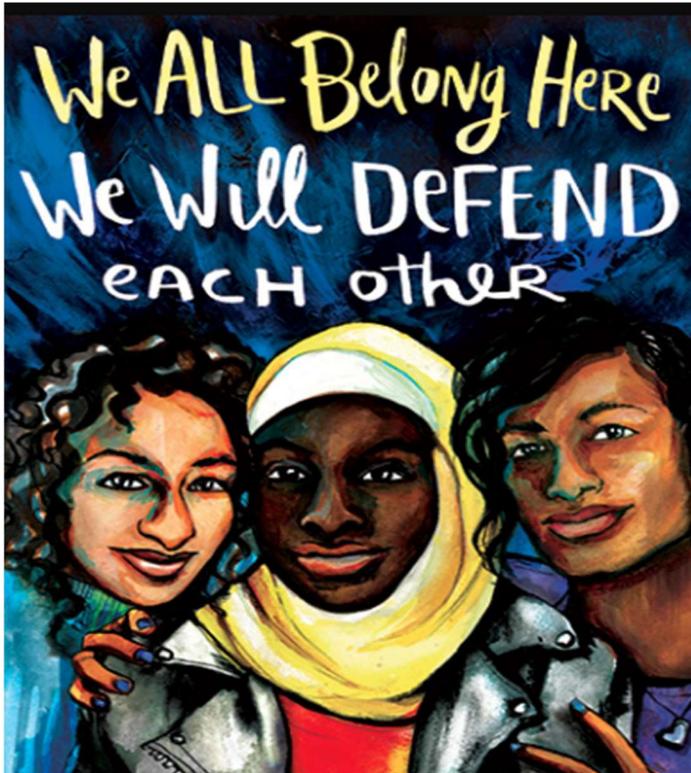


Embodied Racial Justice Workshop

If your body could speak, what would it say when it experienced acts of injustice?



March 23, 2019
2pm-6pm

Morro Shores Community Center
633 Ramona Ave. Los Osos CA

Register by March 17th:
[eventbrite.com](https://www.eventbrite.com)

search: Embodied Racial Justice
\$50-\$100 sliding scale.

Proceeds benefit:
R.A.C.E Matters & RaiseUP SLO

Limited Child Care Available upon
request at registration
Financial hardship scholarships available

The Embodied Racial Justice workshop creates opportunities for participants to develop racial justice strategies by exploring how the body holds racism and discrimination. Through reflection, art-making and dialogue we better understand how we internalize injustice; in order to consciously make the shift to repair, engage, and advocate towards a just community. By attuning to the body's ability to store experiences and create new ones - we empower ourselves to become effective agents for racial justice.

Workshop Facilitators: Rebecca Lynne Prather, MA, MS and Sandra Sarrouf, MA. (See bios below)

The workshop is designed to deepen racial literacy and develop strategies for sustained anti-racist work in our communities. All identities and racial affiliations are welcome.

What to Expect in this workshop:

- Small group activities to surface racialized power dynamic
- Movement: Tableau, Gestures, Dance (all movement is accessible & modifiable)
- Opportunities to share/perform creative work generated in the process
- Visual art activities --Journaling -- Collective poetry writing

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Facilitator Bios:



Rebecca Lynne Prather, MA, MS, is an insightful, impactful, and imaginative leader. Her mission is to leverage the power of creativity to build inclusive spaces that are based on people authentically seeing, hearing, and valuing each other's histories and contributions. Through engaging individual and collective imagination, she draws communities into practices of genuine, radical belonging. Rebecca is a powerful public speaker, a profound workshop facilitator, and a playful educator of children and adults. She is remarkably skilled in surfacing the collective story through utilizing arts-based thinking that - when told, heard, and genuinely experienced - transforms organizational relationships. She designs environments that build trust and co-creates spaces that center culturally responsive practices.

Rebecca is an Educational Administrator, Equity Facilitator, Speech & Language Therapist, Arts Educator and Advocate, and Professional Development Leader. She has led equity workshops and consulting for access and inclusion for organizations and education for over 20 years. As a white-identified woman, Rebecca has been particularly powerful in leading other white-identified individuals in reflecting on privilege, inventorying the breadth and impact of white supremacy. A dancer, writer, maker and mother Rebecca pulls a golden thread through multiple perspectives and positions to reveal the numerous ways that courageous and compassionate communities are created through vulnerability, authenticity, and bravery. www.rebeccaprather.com



Sandra Sarrouf MA is a mover and a shaker both literally and figuratively! She is a cultural worker, business owner, community organizer, educator and advocate committed to creating communities of belonging. Also a professional dancer, she harnesses the power of art and movement as tools to embrace diversity and build just communities. She brings a multi-layered perspective to the table offering tools and guidance for those seeking to build inclusion and cultural equity into their organizational framework.

Sandra received her MA in Cultural Sustainability through Goucher College and BA in Environmental Studies and Political Science with a minor in Global Peace and Security through UC Santa Barbara. She draws on her experience as a Middle Eastern woman who immigrated to the U.S. at a young age, her expertise developed through academic study, her extensive training in culturally-specific dance, her professional work in the non-profit and private sector and as a mother of 3 children. Sandra builds deep and expansive roots in the multiple communities that she works in. Her radiant smile and deep cultural pride are most evident in the vibrancy she brings when she shares her heritage as a performer and instructor in Dance.