



# SPRING 2020

*events*

## YEAR of YOGA

FOR EVERY BODY



University at Buffalo

Inclusive Excellence

Office of the Provost



# SPRING EVENTS 2020

## DIANNE BONDY

Social justice activist, author, accessible yoga teacher, and the leader of the Yoga For All movement, Dianne's inclusive approach to yoga empowers anyone to practice—regardless of their shape, size, ethnicity, or level of ability. Dianne is revolutionizing yoga by educating yoga instructors around the world on how to make their classes welcoming and safe for all kinds of practitioners.

### Yoga Class with Dianne Bondy

Tuesday, February 25 • Student Union 145A-F, North Campus • 6:00–7:30 p.m.

### Introduction to Yoga, Diversity and Social Justice with Dianne Bondy

Wednesday, February 26 • Suite 1, PUSH Buffalo, 429 Plymouth Avenue, Buffalo, NY • 9:00 a.m.–12:00 p.m.

### Dianne Bondy Talk and Book Signing

Wednesday, February 26 • Student Union Theater, North Campus • 6:00–7:30 p.m.

## MATTHEW SANFORD

Internationally recognized yoga teacher, public speaker, author, and expert in the process of transformation through the healing power of yoga. Paralyzed from the chest down at age thirteen and beginning yoga at age twenty-five, Matthew knows firsthand the transformative effect that yoga can have on the mind-body relationship.

### Matthew Sanford Documentary Screening: "Standing | Still Standing"

Thursday, February 20 • Room 2120A and B, Jacobs School, 955 Main Street, Buffalo, NY • 5:30–7:00 p.m.

### Universal Design Yoga Training for Yoga Instructors with Matthew Sanford

Monday, March 30 • 105 Harriman (Ballroom), South Campus • 9:00 a.m.–12:00 p.m.

### Matthew Sanford Talk: Mind and Body: Integrative Health, Disability, and the Rehabilitation Process

Monday, March 30 • Room 2120A and B, Jacobs School, 955 Main Street, Buffalo, NY • 5:00–7:00 p.m.

### Rehabilitation Yoga Workshop with Matthew Sanford (registration opens 3/9)

Tuesday, March 31 • Gaylord Cary Conference Room, Roswell Park Comprehensive Cancer Center, Elm and Carlton Streets, Buffalo, NY • 1:30–2:30 p.m.

### Universal Design Yoga Class with Matthew Sanford

Tuesday, March 31 • 105 Harriman (Ballroom), South Campus • 5:00–6:15 p.m.

### Matthew Sanford Talk and Book Signing

Wednesday, April 1 • Student Union Theater, North Campus • 3:00–5:00 p.m.

## HEART FIRE YOGA

Located in the heart of Buffalo's west side neighborhood, Heart Fire Yoga is a queer-owned, inclusive, and community-focused yoga studio. They will be facilitating a yoga class on campus as part of UB Pride Week in collaboration with the LGBTQ Faculty and Staff Association.

### UB Pride Week event with Heart Fire Yoga

Wednesday, April 22 • Alumni Arena Dance Studio (75 Alumni Arena) • 5:00 p.m.

## MICHELLE CASSANDRA JOHNSON

Social justice activist, author and yoga teacher with a deep understanding of how trauma impacts the mind, body, spirit, and heart. Michelle has over 20 years of experience leading trainings on anti-oppression and dismantling racism, in addition to working with clients as a licensed clinical social worker.

### Michelle Cassandra Johnson Book Reading and Signing

Thursday, April 23 • Student Union Theater, North Campus • 6:00–7:30 p.m.

### UB Skill in Action Workshop with Michelle Cassandra Johnson

Friday, April 24 • 145 Student Union • 9:00 a.m.–12:00 p.m.

### Community Skill in Action Workshop with Michelle Cassandra Johnson

Cost: \$35 to attend. Pre-registration information available on Year of Yoga website (link below).

Saturday, April 25 • Gymnasium, Delavan-Grider Community Center, 877 East Delavan Avenue, Buffalo, NY • 10:00 a.m.–1:30 p.m.

## UB TAKES A BREATH AT THE 2020 INCLUSIVE EXCELLENCE SUMMIT

Our breath is the one thing we all share as human beings. Using the breath as the primary example of our shared humanity to foster a more inclusive campus, all UB community members will be invited to "take a breath" together, either in-person at locations around campus, or virtually by using a video with instructions anytime throughout the day. Consider taking a breath together: before campus and/or departmental meetings; at campus club events; at the start of classes or other academic events; or at any other campus gathering by using an instructional video on the Year of Yoga website.

### UB Takes A Breath

Thursday, April 30 • (see Year of Yoga website link below for details)

For additional events and information, visit

[www.buffalo.edu/inclusion/projects/yoga-for-every-body](https://www.buffalo.edu/inclusion/projects/yoga-for-every-body)



To request accommodations for disability, contact Sue Mann Dolce at [samann@buffalo.edu](mailto:samann@buffalo.edu) or 716-645-2608. All events are free unless otherwise noted.