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January 24, 2023 eBlast



You call this

YOGA.

SAFE = Sharing, Accessible, Free Flowing, Energy

YCTY and [I Am Yoga](#) have partnered to provide an in-person free weekly class, Saturdays at 10:30am in the [Greensboro Cultural Center](#). Classes include yoga, pranayama, meditation, and movement appropriate for men and women of various physical and fitness abilities. The downtown Greensboro location is easily available for residents who may not have ready access or means to attend yoga studios. The name SAFE and theme of Sharing, Accessible, Free flowing, Energy spells it out. Please read about our teachers, including the pioneer of the class Kiesha Battles (of course). Consider a road trip to Greensboro.

[Learn more and register here](#)



Jan. 28 & Feb. 25 - Nallah Muhammad



Nallah Muhammad is a thorough advocate for holistic wellness. Since graduating from NCA&T in 2020 with a degree in Agriculture and Environmental systems; Nallah has become a Farm manager, Environmental educator for the City of Greensboro Parks and Rec, and a 200 hour Registered Yoga Teacher. Through her co- founded organization Afro Agriculture, she offers weekly yoga classes at The Activation Lab in downtown Greensboro, monthly Family Farm Yoga in the warmer months, and has recently joined the I AM Yoga team founded by Kiesha Battles E-RYT 500. Nallah is a humble servant of her ancestors, a village mama/ auntie, and an ally of all ideas that emulate love.

Feb. 4 - Andrea Cole Feb. 11 - Kiesha Battles

Andrea Cole is the founder of Honor Your Presence, PLLC where she serves as a Licensed Clinical Social Worker, Certified Yoga Instructor, and Reiki Practitioner. From Greensboro, NC, she received her Bachelor of Art in Psychology from UNC-Chapel Hill and received her Master's in Social Work from UNC-Charlotte. Andrea is a 500-hour Certified Yoga Instructor (CYT-500) and completed both 200 and 300-hour yoga teacher trainings with I AM YOGA, under the teachings of Kiesha Battles and Candace Jennings. Andrea currently studies the interconnection between holistic health and Black women's wellness, the space in which she's a ruthless advocate. As a healer, nurturer, confidant, forever-learner and space-holder, Andrea utilizes evidence-based and natural modalities, as well as lived-experience, to teach community members how to heal individually and collectively.

Kiesha Battles serves as co-director of the Yoga Retreat for Women of Color™, as a member of the You Call This Yoga (YCTY) Board of Directors, and as YCTY Development Coordinator. Kiesha owns her own business, I Am Yoga, which employs several certified yoga instructors to lead a variety of virtual yoga classes. I Am Yoga is a Yoga Alliance-certified Yoga Training School and Continuing Education Provider, offering both 200- and 300-hour yoga teacher training programs and numerous impactful workshops.



Andrea Cole



Kiesha Battles

Feb. 18 - Sation Konchellah

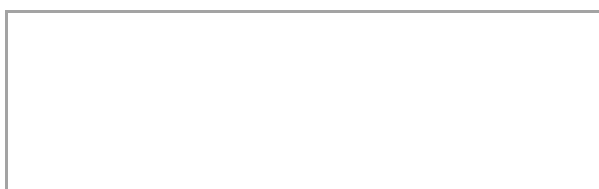
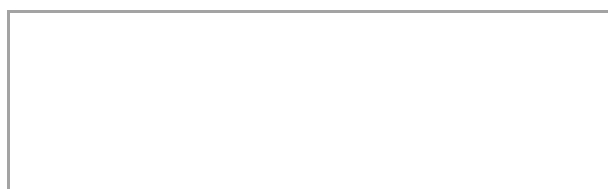


Sation Konchellah is a licensed clinical mental health counselor and Certified Yoga Instructor. She earned her 200-hour Yoga Certificate under the instruction of Kiesha Battles, and Candace Jennings with the I AM Yoga School in Charlotte, NC. Sation is a Reiki practitioner and Strategic Self Care Consultant who offers mindful movement and meditation sessions in addition to weekly Restorative Yoga Classes through the I Am Yoga platform. Practicing Restorative, Yin and Deep Stretch inspired Sation to invite more rest into her life. She shares these styles of yoga with students incorporating tools from Polyvagal Theory, she guides students to places of rest for the nervous system offering pause to the mind and the body. Expect to feel relaxed after a class with Sation (see image at the top of the page).

What We Seek

Our desire is for all people to be tolerant of and compassionate towards each other. These can be very challenging times. We seek to provide a community and practice to bring people together. Thank you for reading this far and sharing in our mission.

Practice with us





[Calendar](#)



[Videos](#)

Make A Donation

You Call This Yoga

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Connect with us!

