

# ANTI-RACISM AND DEI

## *Resource Guide*



[laurakupperman.com](http://laurakupperman.com)



# For This Month

## JUNE 2020

- 10-45 min Daily Activities For the Month of June
- Enroll Now: Heal Thyself Diversity Intensive For People Racialized As White With Rev. Brig Feltus

## DIRECT ACTION

- Ways You Can Help
- What White People Can Do for Social Justice

# General Resources



- |                                |               |
|--------------------------------|---------------|
| (1) ORGS / MOVEMENTS TO FOLLOW | (5) VIDEOS    |
| (2) ACCOUNTS TO FOLLOW         | (6) PODCASTS  |
| (3) EDUCATIONAL RESOURCES      | (7) BOOKS     |
| (4) WORKSHOPS & WEBINARS       | (9) MOVIES    |
| (5) ARTICLES                   | (10) TV SHOWS |



# General Resources (1)

## ORGS / MOVEMENTS TO FOLLOW

[Blacklivesmatter.com](https://blacklivesmatter.com) // [@blklivesmatter](https://twitter.com/blklivesmatter)

[Civilrights.org](https://civilrights.org) // [@civilrightsorg](https://twitter.com/civilrightsorg)

[Colorofchange.org](https://colorofchange.org) // [@colorofchange](https://twitter.com/colorofchange)

[M4bl.org](https://m4bl.org) // [@mvmnt4blklives](https://twitter.com/mvmnt4blklives)

[Nowwhitesaviors.org](https://nowwhitesaviors.org) // [@nowwhitesaviors](https://twitter.com/nowwhitesaviors)

[Naacp.org](https://naacp.org) // [@naacp](https://twitter.com/naacp)

[Raceforward.org](https://raceforward.org) // [@raceforward](https://twitter.com/raceforward)

[Showingupforracialjustice.org](https://showingupforracialjustice.org) // [@showingupforracialjustice](https://twitter.com/showingupforracialjustice)

[Untilfreedom.com](https://untilfreedom.com) // [@untilfreedom](https://twitter.com/untilfreedom)



## General Resources (2)

### ACCOUNTS TO FOLLOW

#### (PEOPLE)

@amandascgorman

@ibramxk

@laylafsaad

@rachel.cargle

@tamikadmallery

#### (OTHER)

@blackhistory

@ckyourprivilege

@ethelsclub

@officialmillennialblack

@strongblacklead

FB GROUP TO JOIN:

White People. DOING Something.



## EDUCATIONAL RESOURCES

[Advocacy Toolkit For Fair, Safe, and Effective Community Policing](#)

by [civilrights.org](#)

[Center For Transformation and Change](#)

“Creative Solutions for Organizations, Executives, & Individuals”

[Dismantlingracism.org](#)

“A web-based version of a workbook designed originally to support the Dismantling Racism workshop”

[Unlearningeverydayracism.com](#)

“A community for white people committed to unlearning racism”

[Whiteawake.org](#)

“Educational resources for guiding white affinity processes”



## WORKSHOPS & WEBINARS

Ericka Hart Courses/ Webinars

McKensie Mack Group's Anti-Oppression Trainings /  
Webinars

Professional Development Webinars From Teaching  
Tolerance

Unlearning: America's Birth With Rachel Cargle



## General Resources (5)

### ARTICLES

*For Our White Friends Desiring To Be Allies* by Courtney Ariel

*How to Be an Ally as a Non-Black POC:* by Hayley Heramia

*What is White Privilege, Really?* by Cory Collins

*White Fragility: Why It's So Hard to Talk to White People About Racism* by Dr. Robin DiAngelo

*White Privilege: Unpacking The Invisible Knapsack* by Peggy McIntosh

*Yes, All White People Are Racist* by Marley K.

*10 Insidious Ways White Supremacy Shows Up in Our Everyday Lives* by Kali Holloway





## VIDEOS

Dr. Robin DiAngelo discusses 'White Fragility'

Let's get to the root of racial injustice | Megan Ming Francis

Maya Angelou, We Wear The Mask

The Dangers of Whitewashing Black History | David Ikard



## PODCASTS

### Black History Year Podcast

“Connects you to the history, thinkers, and activists that are left out of the mainstream conversations”

### Code Switch - Race. In Your Face

“Race and Identity Remixed”

### Good Ancestor Podcast With Layla F. Saad

“Conversations With Change-Makers & Culture-Shapers”

### Identity Politics Podcast

“On race, gender and Muslims in America”

### Our National Conversation About Conversations About Race

“Lively multiracial, interracial conversation”

### Seeing White Series by by On Scene Radio

“Where did the notion of ‘whiteness’ come from? What does it mean? What is whiteness for?”

### Teaching Hard History Podcast With Hasan Kwame Jeffries

“Lessons we should have learned in school through the voices of leading scholars and educators”



# General Resources (8)

## BOOKS

*Between The World And Me*

by Ta-Nehisi Coates

*Colonize This!*

by D. Hernandez, B. Rehman

*Freedom is a Constant Struggle*

by Angela Y. Davis

*How To Be An Anti-Racist*

by Ibram Kendi

*Killing Rage, Ending Racism*

by Bell Hooks

*Millenial Black*

by Sophie Williams

*The Fire Next Time*

by James Baldwin

*The Fire This Time*

by Jesmyn Ward

*This Book Is Anti-Racist*

by Tiffany Jewell

*White Fragility*

by Robin DiAngelo

[White Fragility Reading Guide](#)

Order from Black-owned  
independent bookstores

[HERE](#)



## MOVIES

*Do Not Resist* (2016)

*Do The Right Thing* (1989)

*Fruitvale Station* (2013)

*I Am Not Your Negro* (2016)

*If Beale Street Could Talk* (2018)

*Get Out* (2017)

*Just Mercy* (2019)

*Malcolm X* (1992)

*Moonlight* (2016)

*Quest* (2017)

*Slavery By Another Name* (2012)

*Twelve Years a Slave* (2013)

*The Hate U Give* (2018)

*13th* (2016)



### TV SHOWS & LIMITED SERIES

*Dear White People* (2017 - Present)

*Insecure* (2016 - Present)

*Noughts and Crosses* (2020 - Present)

*Rest In Power: The Trayvon Martin Story* (2018)

*Top Boy* (2011 - Present)

*When They See Us* (2019)

*Wyatt Cenac's Problem Areas* (2018 - 2019)

# For Yoga, Health & Wellness Professionals



- (1) ORGS / MOVEMENTS TO FOLLOW
- (2) ACCOUNTS TO FOLLOW
- (3) EDUCATIONAL RESOURCES
- (4) WORKSHOPS & WEBINARS
- (5) ARTICLES
- (6) VIDEOS
- (7) BOOKS



# For Yoga, Health & Wellness Professionals (1)

## ORGS / MOVEMENTS TO FOLLOW

[Blackyogateachersalliance.org](https://blackyogateachersalliance.org)

[Generativesomatics.org](https://generativesomatics.org)

[Imunique.org](https://imunique.org)

[Melaninyogaproject.org](https://melaninyogaproject.org) // [@melaninyogaproject](https://twitter.com/melaninyogaproject)

[Offthematintotheworld.org](https://offthematintotheworld.org) // [@offthemat](https://twitter.com/offthemat)

[Satyayogacooperative.com](https://satyayogacooperative.com)

[Thelovelandfoundation.org](https://thelovelandfoundation.org) // [@thelovelandfoundation](https://twitter.com/thelovelandfoundation)

[Yogaservicecouncil.org](https://yogaservicecouncil.org)



## For Yoga, Health & Wellness Professionals (2)

### ACCOUNTS TO FOLLOW

@diannebondyyogaofficial // Diannebondyyoga.com

@drgailparker // Drgailparker.com

@heyjeanjacques // Jeanjacquesgabriel.com

@iamrachelricketts // Rachelricketts.com

@mynameisjessamyn // Jessamynstanley.com

@skillinaction // Michellecjohnson.com

@zenchangeangel // Angelkyodowilliams.com





# For Yoga, Health & Wellness Professionals (3)

## EDUCATIONAL RESOURCES

### [Decolonizingyoga.com](https://decolonizingyoga.com)

Articles on body acceptance, race, cultural appropriation and feminism

### [Diveinwell.com](https://diveinwell.com)

“Cultivating space, community, conversations and Change for a more equitable and accessible wellness industry”

### [Rootedandembodied.com](https://rootedandembodied.com)

“A virtual global village all about raising awareness of trauma imprints and how we heal through the body”



# For Yoga, Health & Wellness Professionals (4)

## WORKSHOPS & WEBINARS

Anti-Racism & Allyship for Rehab and Movement Professionals with Dr. Jpop

Community Conversation: Yoga and Race Relations by Yoga Alliance

Free Racialized Trauma Course by Resmaa Menakem

Stepping Into Spiritual Activism Talk by Rachel Ricketts

Yoga From the Inside Out: Shining a Light on Healing Racial Wounding with Dr. Gail Parker



# For Yoga, Health & Wellness Professionals (5)

## ARTICLES

*Breaking The Chain: Healing Racial Trauma In The Body, An Interview with Resmaa Menakem*

by Kristin Moe

*Converting Hidden Spiritual Racism into Sacred Activism: An Open Letter to Spiritual White Folks*

by Virginia Rosenberg

*How to Decolonize Your Yoga Practice*

by Susanna Barkataki

*On Yoga's 'Race Problem': Where Does The Practice Go From Here?*

by Alice Walton

*Unblocking White Supremacy and Fragility in the Wellness Industry*

by Maryam Ajayi

*Why Your Yoga Class Is So White*

by Rosalie Murphy

*Yoga: How White People can Respect what was Never Theirs to Begin With*

by M. Butler, S. Price

*Yoga, Race, and Culture*

by Dianne Bondy

*8 Signs Your Yoga Practice Is Culturally Appropriated - And Why It Matters*

by M. Johnson and N. Ahuja



# For Yoga, Health & Wellness Professionals (6)

## VIDEOS

Black Women's Alliance Interview With Michelle c. Johnson

Dr Gail Parker: Treating Racial Wounding With Yoga

Race, Justice, and Mindfulness | Jon Kabat-Zinn, Rhonda V. Magee

Stepping Into Spiritual Activism With Rachel Ricketts

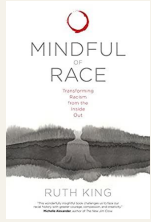
There is No Neutral - Michelle Johnson

PODCAST EPISODE: Inclusive Spirituality with Sonali Fiske

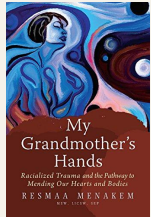


# For Yoga, Health & Wellness Professionals (7)

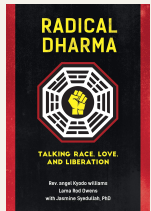
## BOOKS



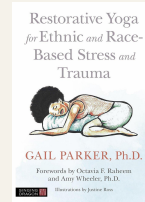
*Mindful Of Race*  
by Ruth King



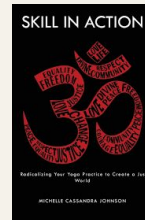
*My Grandmother's Hands*  
by Resmaa Menakem



*Radical Dharma*  
by Rev. A. K. Williams, L.  
R. Owens, J. Syedullah



*Restorative Yoga for Ethnic and  
Race-Based Stress and Trauma*  
by Dr. Gail Parker



*Skill In Action*  
by Michelle C. Johnson  
*Skill In Action Book Club Guide*

Order from Black-owned  
independent bookstores

**HERE**

Thank you for reading and  
engaging with these resources.



To continue this conversation...

Join Yoga Therapy Group &  
Healthy Business And Life Mastermind  
on FaceBook