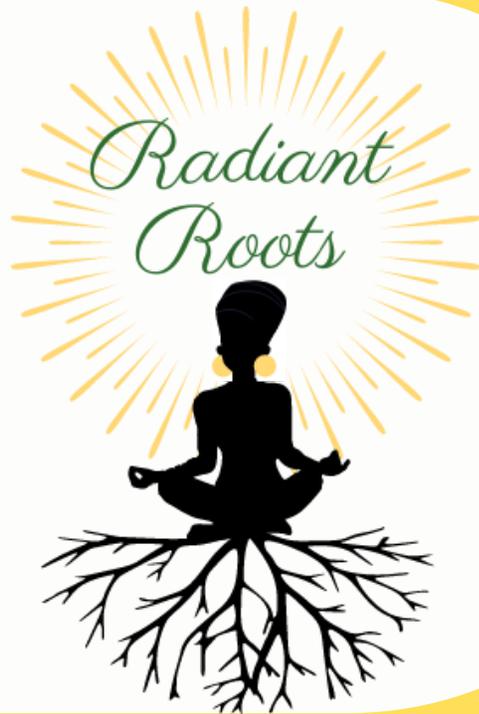


Yoga & Mindfulness Workshops



CONTACT US

Radiant Roots

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shaakiraraheem.com



Shaakira Olabisi Raheem
MSEd, CYT-200hr

ABOUT SHAAKIRA

Shaakira Raheem is a wellness practitioner and advocate whose work explores developing critical literacy, positive body and self-image, emotional intelligence and self-actualization among youth and adults. She completed her Masters of Science in Education at the University of Pennsylvania in 2017, and her 200hr yoga teacher training through YogaWorks in 2019.

Shaakira has worked in holistic education for over ten years. Her interests focus on international education and cross-cultural relations. She has worked in independent schools in both Canada and the United States.

An advocate for international student mobility, and cross cultural education, she is the product of her work after studying and working in Ghana, Morocco, the United Arab Emirates, Palestine/Israel, the Dominican Republic, and Tanzania through various global organizations, and fellowships including a Fulbright Hayes Fellowship, Boren Scholarship and working for the United States State Department.

Her interests in education, individual and community development have led her to launch a wellness initiative.

WHAT PEOPLE ARE SAYING

"Shaakira's yoga class is a lot like Shaakira-full of positive energy. I really appreciate how she moves us through smart sequencing and pauses for moments of self-reflection and self affirmation. I left with my body feeling more open and my mood brightened."

"I'll definitely bring Shaakira in to teach again! At a time where we have moved classes online and people are anxious, it was great to have someone that seems natural interacting with a class through a camera. She created moments of fun, laughter, and self-reflection in the same way you would hope to have in an in-person yoga class. In my experience that is a unique skill."

"Everything about this class was delightful and grounding"

WHAT & WHY I TEACH

My mindfulness practice centers on joy and the exploration of the mind-body connection. I invite you to classes that are rooted in movement, writing, and meditation. My offerings are tailored to meet your community's specific needs. I offer yoga and mindfulness classes for educators and youth. As an educator and practitioner, I did not have instructors who looked like me. I am happy to provide mirrors and windows for communities through my practice.

I've held space for faculty and staff, student groups, parents, people of color, and religious groups to name a few.

My practice is informed first and foremost by my identity and culture as a Ghanaian- Nigerian American. My framework builds from YogaWorks teacher training, EmbodyLoveMovement facilitator training, MNDFL certification training, University of Pennsylvania Graduate School of Education and various other experiences.

Everyday Mindfulness (3 sessions)

These sessions guide participants to sit in their bodies and reset with intentions. We use a variety of techniques to ground and return to the breath.

*Part 1: Creating Space
Part 2: Intentionality
Part 3: Cultivating Habits*

Writer's Magic: Helping Students Discover their Voice through Low Stakes Writing

This workshop will offer participants a collaborative space to write and share.

For many, writing feels like a high stakes activity, and such perceptions can get in the way of exploring and developing one's voice or bringing creativity to pen. I will offer writing prompts and guides that will invite individuals to explore their voice in community . Participants will engage in various writing activities and share in groups.

Workshops

I invite you to breathe, flow and release with me. My offerings encourage you to embody your whole self without judgment, allowing you to create more space for joy and exploration.



Positive Energy Flow

My positive energy yoga flow class is full of positive affirmations and the exploration of our inner greatness. It offers ways we can tune into our bodies and recognize when and where we are holding stress.

Joy is Resistance

This movement and meditation workshop for BIPOC (Black, Indigenous, and/or People of Color) will facilitate the exploration of our bodies with joy and without judgment. This practice empowers us to take up space and create joy for ourselves through movement and breath by focusing on the areas of the body that tend to house our stored tension and stress. Come ready to move, breathe, and make noise!

Healing Circles for People of Color

This is a healing workshop for people of color centered on cultivating love and movement in bodies and releasing tension in areas of the body that hold trauma.

IN PERSON

60 Minute Session

3 Session Pack

VIRTUAL

60 Minute Session

3 Session Pack

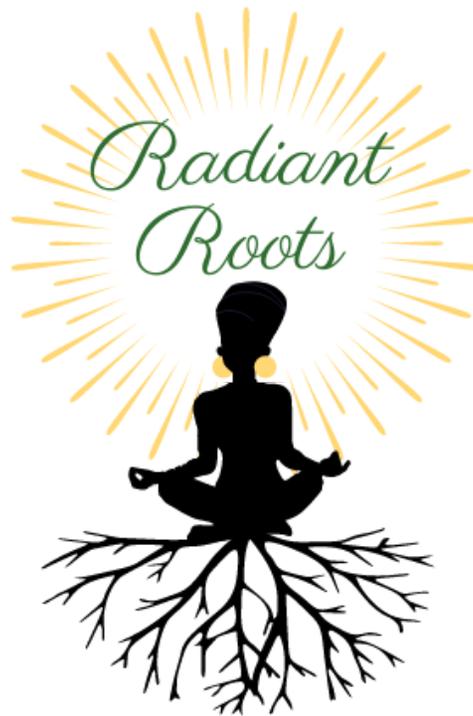
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**INSTITUTIONAL
INVESTMENT**

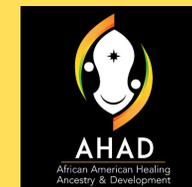


**TRUSTED BY THESE
VALUED CLIENTS**

Center DC
... a faith-based community.



Birds + Bees



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