



Amina Naru and Pamela Stokes Eggleston: Empowering Communities through Yoga



Amina Naru and Pamela Stokes Eggleston are the Co-Founders of Retreat to Spirit, the former Co-Executive Directors of the Yoga Service Council, and board members of Accessible Yoga. Discover how to bring Yoga to communities from a basis of conscious relationship, passion, and self-inquiry.

- TOP EMBODIMENT TIP: Amina:** Knowing yourself comes through practices and tools that help you develop self-inquiry.
Pamela: Practice gratitude and really self-gratitude and self-love.

We Need Community-Care to Thrive:

- **Self-Care:** Caring for oneself is not self-indulgent, but an act of survival.
 - Take an active role in protecting your own happiness and well-being, especially in stressful times.
 - Trauma, stigma and moral injury can get in the way. Setting boundaries is essential.
- **Community-Care** is any type of care provided by an individual or group to benefit other people in their lives through acts of compassion and service.
- **Start a strong self-care practice before you go out into communities or serve others.**

Find your Purpose:

- “If you can't figure out your purpose, **figure out your passion**, it will lead you right into your purpose.” (TD Jakes)
- It's important to **find your Why**; that's what will fuel you and what will keep people engaged.
- What causes you to gravitate towards that? How are you showing up?
- **Evaluate** the real needs, the strengths, the challenges: being empathetic as opposed to sympathetic and showing up with humility and love.

Yoga Service:

- The intentional sharing of yoga practices that support healing builds resilience for all, regardless of circumstances, taught within a context of conscious relationship rooted in self-reflection and self-inquiry.
- **Yoga practice:** Make it balanced and in tune with what is needed at the moment.
- **Self-inquiry:** Important to do it constantly. Why is it important to serve this population? Is ego showing up? What leads up to that?
- Cultivate **relationships and partnerships** from humility and love.

Resources

- ❖ **Books:** *White Fragility*- Robin D'Angelo | *My Grandmother's Hands*- Dr. Gill Park | Books from the Yoga Service Council
- ❖ **Courses:** [Yoga for self-care](#) (code for 30% off: RETREAT2SPIRIT)
- ❖ **Website:** retreat2spirit.com
- ❖ **Social:** [@RetreattoSpirit](#) | [Retreat to Spirit](#)



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Kaminoff & the entire team at YogaAnatomy.net are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.