

UNC School of Social Work Clinical Lecture Institutes 2020

Thursday, January 30, 2020

9:00 am–4:30 pm (Check-in, coffee and light breakfast at 8:30)

Moving Skill Into Action: Experiential Practices at the Intersection of Yoga and Social Justice

with Michelle Johnson, LCSW

This workshop focuses on the relationship between contemplative practices and creating change. Participants in this experiential workshop will be guided in meditation and yoga practices, which allow for work with sensations, toxic thought patterns, cultural conditioning, anxiety and overwhelm. Through this full-day experience, participants will deepen their capacity for self-care, psychotherapeutic work, and collective action.



Michelle Johnson, LCSW, E-RYT 500, is an activist, psychotherapist, experienced yoga trainer, race equity trainer, author, and social change influencer. She has spent many years on the front lines of justice movements and as a yoga teacher, craving a way to bring these together. In 2013, Michelle created *Skill in Action*, a training program, focused on the intersection of social justice and yoga.

PRE-REGISTRATION IS REQUIRED. Ask about Learning Together discounts that support MSW students and their field faculty to participate together!
Early bird discounts and scholarships also available.

For more information and to pre-register, please visit <http://cls.unc.edu>

Questions? Contact Debbie Barrett at 919-843-5818 / dbarrett@unc.edu
or Carol Ann Hincy at 919-962-6540 / chincy@email.unc.edu