Yoga 101

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Join the conversation in spaces for dialogue and resources of support: have difficult, sensitive, and necessary conversations. Across the university, on-ones, in small groups, or in collective spaces, we want to hold space to process, and to have intentional spaces for dialogue and verbal expression. As a community, it’s important to give ourselves time and space to heal, to remember that elections are not over.

The state and local level, electors from the electoral college do not meet until January 6th to formally designate their chosen electors. This means that while it's acceptable to prematurely and falsely declare oneself the winner, it is not official until all votes are counted and an official certification takes place. This means that the process of certifying the vote is working and we’re doing things the right way. No one individual can change the result of the election. It means that the process we have in place is the best it can be, is trying hard to give everyone a voice, and is working to ensure that every vote counts. It means that the uncertainty is expected. It means that the process we have in place is working and we’re doing things the right way. It means that the process is designed to ensure that the right person wins, and it means that the uncertainty is expected.

Don’t forget, uncertainty does not mean illegitimacy –– the uncertainty is expected. It means that the process we have in place is working and we’re doing things the right way. No one individual can change the result of the election. It means that the process we have in place is the best it can be, is trying hard to give everyone a voice, and is working to ensure that every vote counts. It means that the uncertainty is expected. It means that the process we have in place is designed to ensure that the right person wins, and it means that the uncertainty is expected.

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This week we encourage everyone to focus on self-care practices that support resilience in the aftermath of the recent election. Be kind to yourself, and take the time to recharge so you don’t burnout in the coming weeks. If 2020 was a marathon, we are approaching the 20 mile mark where many runners hit ‘the wall’. But much like a marathon, with proper pacing, intelligent preparation, a shift to an internal focus, and a smart game plan, we can flourish into the new year!

Community while analyzing how the distribution of power impacts both individual and systems. In the coming days and weeks, we encourage everyone to set aside time for hope and healing and to continue the work of advancing justice.

As a university, we assert our desire for elected leadership that is humanizing, compassionate, and inclusive. We value critical thinking, open dialogue, and civil discourse. We support the political process of negotiation and compromise to determine a winner.

Find post-election support for faculty and staff through CAPS Election Self-Care Kit or join us for this week’s challenge: Yoga 101

Yoga with Brian (Thursdays @ 9pm). Email fitness@usfca.edu to request a Zoom link.

Feature Workouts

Yoga 101

Yoga improves flexibility, strength, balance, and the flow of energy through the body. It provides a strategy for dealing with stress and can help to have self-discipline. Yoga can be practiced anytime, anywhere and for anyone. Yoga can be practiced anywhere, anytime and for anyone.

Self-Care Corner

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This is a comprehensive resource compilation of advancing justice.

Education is the most powerful weapon which you can use to change the world.” - Nelson Mandela