

Dr. Monea T. Abdul-Majeed

Racial Justice Educator, Yoga Teacher, Grounding Force.

If you saw Dr. Monea strutting around her small Pennsylvanian town, you may see her with three babies, a yoga mat, and a laptop in tow. As a racial justice speaker/trainer, yoga teacher, and mom, Dr. Monea touches every life within a 1000 mile radius. She's a voice for the voiceless and lives her life as a megaphone for peace and justice for all.

Guided by Dr. King's racial justice philosophy, Dr. Monea fuses her Ph.D. in Sociology, over 16 years of Federal Government service, her 500-hour yoga teacher certification, non-profit work, professorship, and mommy intuition to deliver jaw-dropping, tear-jerking, speeches for audiences yearning for racial justice transformation.

Dr. Monea grew up Washington, D.C., where she returned to attend graduate school at Howard University after she completed her Bachelor's of Arts at Washington and Lee University. Her voice is calm, yet assertive, while her influence is motivating yet direct. She's spoken and trained hundreds of people from the Mid-Atlantic area all the way to South Africa. She's a magnet to any person or organization that is serious about being more welcoming and inclusive to all.

Her life's mission is to “eliminate racism one heart at a time.”

Training Offerings

- Racism in the Yoga Community and Beyond
- Racial Equity in Business
- Courageous Conversations
- Awaken: A Mindful Racial Equity Immersion
- Understanding Our Biases, Deepening Our Empathy



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Racial Justice Training Offerings for the Yoga Community

Racism in the Yoga Community and Beyond

Description:

This training is designed to familiarize participants to the language of antiracism. After defining key, racial justice terminology such as implicit bias, cultural competency, race, racism, antiracist ally, etc., participants are encouraged to reflect on their implicit bias and how it may affect their personal and/or professional lives, the yoga community, and our world.

Time: 2-3 hours

Racial Equity in Business

Description:

This training is designed to help businesses create racial equity in their businesses by examining messaging, recruiting, hiring, and on-going service offerings. After defining key, racial justice terminology such as implicit bias, cultural competency, race, racism, antiracist ally, etc., participants are encouraged to reflect on their human resources processes and identify ways to increase racial equity. This workshop can also be tailored to diversifying boards, non-profits, and yoga businesses.

Time: 2-3 hours

Courageous Conversations

Description:

This is an informal, yet facilitated conversation about a topic related to racism. It is designed to create a safe environment for participants to discuss issues related to racism in the workplace, community, or personal lives. Courageous Conversations are ideal for groups who wish to become more comfortable discussing race.

Time: 1.5-2 hours

Understanding Our Biases, Deepening Our Empathy

Description:

This training starts by defining implicit bias and connecting participants to their own biases. Then, it discusses empathy and gives tangible tips to develop empathy for all.

Time: 1.5-2 hours

Awaken: A Mindful Racial Equity Immersion

Description:

This is a 12 day virtual immersion. Each day, participants unpack key, racial equity vocabulary by viewing videos, reading articles, listening to podcasts and discussing with each other. It includes LIVE Zoom calls to discuss the information with Dr. Monea and her Co-Facilitator.