Be Well at Work Employee Assistance Featured Event
with
Dr. Sherri Taylor, Psy.D.

Centering Down: Body-Based Practices for Rest and Resilience for Black, Indigenous, and Faculty/Staff of Color

Tuesday, May 11th | noon -1 pm | via Zoom

In the words of Bayo Akomolafe, “The times are urgent. Let us slow down.”

This contemplative workshop specifically for BIPOC faculty and staff will offer reflections and contemplative prompts to facilitate increased capacity to discern if and when you are out of balance in your life as well as what is needed to bring yourself home. Participants will also be led through simple body-based practices to support ongoing resilience and general stress reduction.

Register

About the Speaker

**Sherri Taylor, Psy.D.** (she/they/femme) is a contemplative, scholar, consultant, and facilitator. She is core faculty in the Somatic Psychology department at California Institute for Integral Studies and also teaches in the clinical psychology doctoral program at The Wright Institute. She curates and hosts group trainings, playshops, and workshops for community and professional audiences in the areas of anti-racism, diversity and inclusion, the cultivation of joy and creativity, dream work, and spirituality.