



SANKOFA
SCHOOL OF WELLBEING

COURSE CATALOG

FALL 2025



WELCOME TO *WELLBEING.*

Dear Community,

At Sankofa, we believe that true wellbeing is more than movement, it is a journey of healing, growth, and connection. That is why we created the Sankofa School of Wellbeing, to provide offerings rooted in the spirit of Sankofa: honoring the wisdom of the past while stepping boldly toward your future.

This fall, we invite you to enroll in yourself. Our carefully designed tracks bring together movement, mindfulness, cultural traditions, and practical life skills to help you build resilience, find joy, and reconnect with what matters most. Whether you are beginning your wellness journey or seeking deeper mastery, the School of Wellbeing is here to support you.

Our instructors and community partners are dedicated to guiding you with compassion, cultural respect, and evidence-informed practices. You will find courses for every interest, including foundational skills, personal development, cultural arts, and nature-based experiences.

This is more than a set of classes, it is a place to belong. A place to grow. A place to come home to yourself.

Welcome to the Sankofa School of Wellbeing.

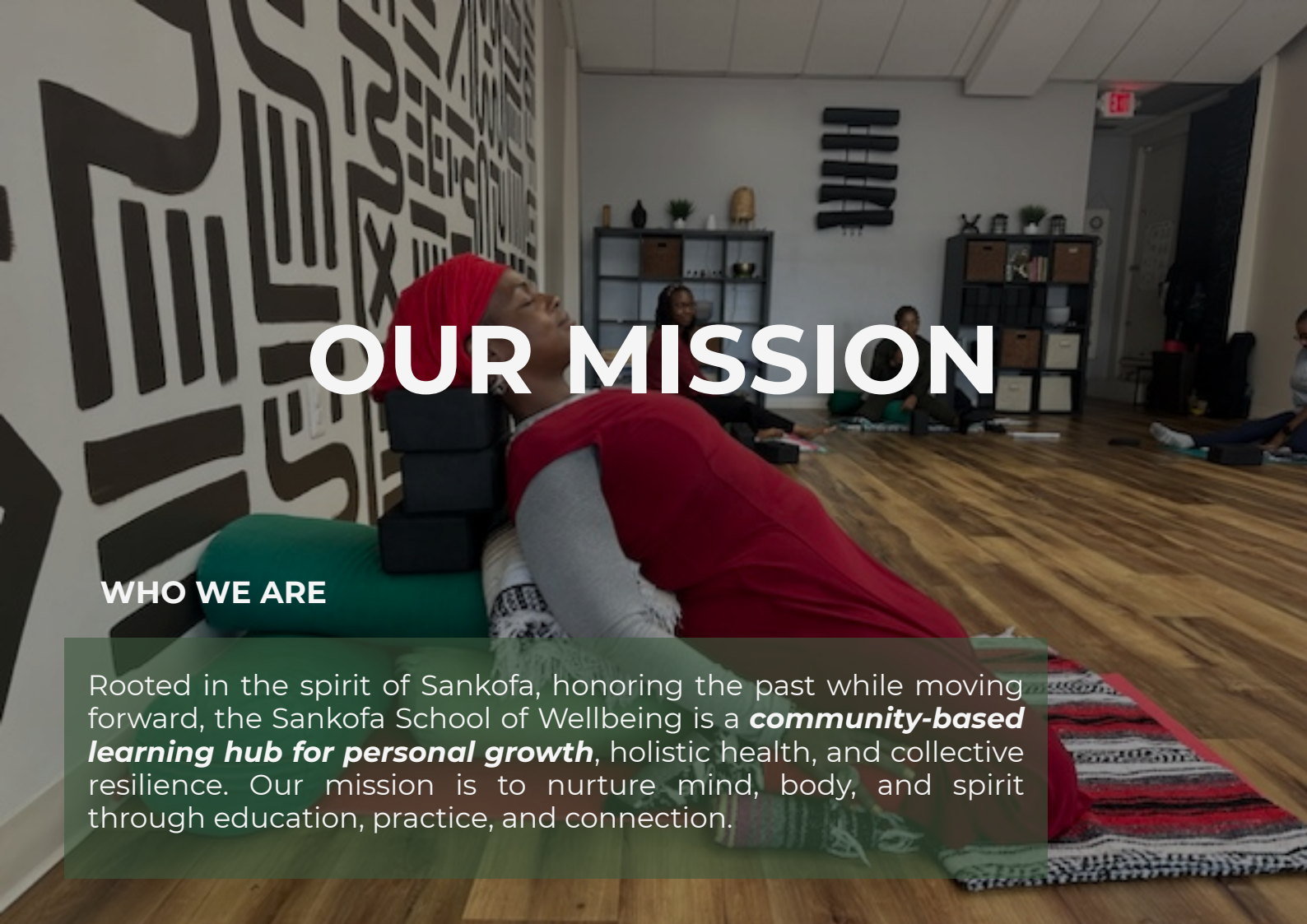
With Gratitude,

Tamisha J. Ponder

Dr. Tamisha J. Ponder, PhD

Founder & Chief Education Officer
The Sankofa School of Wellbeing





OUR MISSION

WHO WE ARE

Rooted in the spirit of Sankofa, honoring the past while moving forward, the Sankofa School of Wellbeing is a **community-based learning hub for personal growth**, holistic health, and collective resilience. Our mission is to nurture mind, body, and spirit through education, practice, and connection.

OUR GOAL

We provide **high-quality, multi-week enrichment classes that support your lifelong wellbeing**. From movement and mindfulness to cultural arts and personal development, our courses help you thrive while staying connected to a powerful and supportive community.

OUR INTENTION

We believe that true **wellness extends beyond exercise**. At the Sankofa School of Wellbeing, we create spaces where people can deepen their skills, explore cultural traditions, and build community, in an environment of belonging and care.

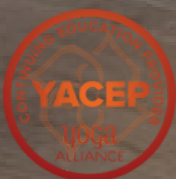


EDUCATION FROM AN *ACCREDITED SOURCE*

As an **accredited Yoga Alliance school**, we offer recognized training hours and **continuing education credits (CEs)** to yoga instructors, educators, and other wellness professionals. In addition, select non-credit programs qualify for CEs, enabling participants to expand their credentials while applying these tools across healthcare, education, and human service fields.

Sankofa's unique blend of traditional practice, community learning, and accessible instruction makes us a valuable resource for both personal development and professional advancement.

This is where wellness meets wisdom—and where your journey begins again.



COURSES

TRAININGS AND CERTIFICATIONS

YOGA AND PHILOSOPHY

200 HR YOGA TEACHER TRAINING

Our 200-Hour Yoga Teacher Training at Sankofa Yoga offers an immersive, in-person certification experience designed to support your personal growth, deepen your practice, and prepare you to teach yoga in diverse settings. Rooted in community and hands-on learning, this program equips students with the tools to lead classes in Vinyasa, Hatha Flow, Deep Stretch, Restorative, and Power Yoga.

In addition to monthly in-person training sessions, students commit to a daily practice, complete assignments, and attend classes with senior Sankofa Yoga teachers—at no extra cost. Our program exceeds the standards set by Yoga Alliance, and graduates are eligible to register as a Registered Yoga Teacher (RYT-200).

Duration: 9 Months | Price: \$3,150

Nov. 6, 2025 – July 12, 2026 | On Campus

300 HR YOGA TEACHER TRAINING

Sankofa's 300-Hour Yoga Teacher Training is an advanced, immersive program designed for certified 200-hour teachers ready to deepen their personal practice and expand their teaching with cultural integrity, purpose, and authenticity.

Rooted in the philosophy and traditions of yoga while embracing Sankofa's commitment to holistic wellness and community care, this training offers in-depth study in areas such as advanced asana, trauma-informed teaching, yoga philosophy. Ideal for those seeking to evolve as both practitioners and leaders, this training nurtures not just technical skill but the wisdom to guide others with clarity and compassion.

Duration: To Be Announced

On Campus

50 HR YIN, BREATHWORK, & BREATHWORK TEACHER TRAINING

WisdOM of the Body™ Yin Yoga, Breathwork & Embodiment Training (YBT) is a 50-hour immersive teacher training designed to integrate the art of Yin yoga with breathwork, somatics, and deep embodiment practices. In this training, we do not approach Yin yoga only for rest—but for reckoning, reverence, and return. We work through what the body remembers and breathe through what it holds. It is for anyone who feels called to slow down, listen deeply, and reconnect with their body's natural wisdom.

Duration: 2 Months | Price: \$800

Oct. 1, 2025 – Oct 26, 2026 | Hybrid

65 RESTORATIVE YOGA & YOGA NIDRA TEACHER TRAINING

Chill So Hard™ Yoga Nidra and Restorative Yoga Leadership Training (RLT) is a transformative program crafted for individuals passionate about using rest as a foundation for community healing and service-driven leadership. This immersive training equips participants with the skills to facilitate experiences that foster connection, resilience, and profound rejuvenation.

Duration: 2 Months | Price: \$800

Oct. 26, 2026 – Dec, 14, 2025 | Hybrid

OUTDOOR FACILITATOR LEVEL ONE TRAINING

Rooted Outdoors™ Facilitator Training is a foundational certification for those ready to guide mindful and healing experiences in nature. Learn how to hold space outdoors in a way that is safe, inclusive, culturally aware, and attuned to the healing potential of nature. Through experiential learning and reflection, leave prepared to guide others in connecting deeply with the natural world.

Duration: 1 Day | Price: \$199

Sept 14, 2025 | On Campus

Nov 15, 2025 | On Campus



USUI REIKI CERTIFICATION

Level 1 - Self-Healing & Energy Awareness

Reiki Level One is the beginning of your healing journey—an introduction to the principles and practice of energy healing. This course focuses on self-treatment, energetic awareness, and grounding techniques that support you in reconnecting with your body, breath, and intention. You'll explore the history and core philosophy of Reiki, learn basic hand positions for treatment, and receive hands-on practice both on yourself and with others in the class.

Duration: 1 Day | Price: \$200

September 1, 2025 | On-Campus

Level 2 - Expanding Energy & Sacred Connection

Reiki Level Two builds upon the self-healing foundation and is open to any current Level 1 practitioner ready to deepen their knowledge and practice. In this training, students receive Level 2 attunements—opening access to a higher frequency of energy and introducing the use of three traditional Reiki symbols. You'll deepen your intuitive awareness, explore emotional and energetic healing, and strengthen your connection to the flow of Reiki energy in service to yourself and others.

Duration: 2 Days | Price: \$300

September 25 & 27, 2025 | Hybrid

Level 3 - Mastery, Deepening Practice, Honing Purpose

Our Reiki Level 3 training is a comprehensive and transformational journey for those who desire to become a Reiki Master or teach Reiki. It's designed to deepen your understanding, refine your skills, and guide you toward your unique path as a practitioner or teacher. Levels 1 and 2 will be reviewed and student will deepen their knowledge, work toward becoming a Reiki Master and learn how to attune others.

Duration: 2 Months | Price: \$1000

October 17 - November 21, 2025 | Hybrid

PERSONAL ENRICHMENT COURSES

FOUNDATIONS: BUILDING YOUR WELLBEING PRACTICE

YOGA FOR BEGINNERS

Gain confidence with fundamental yoga postures, breath awareness, and healthy alignment. Perfect for those new to yoga or returning to their mat.

Duration: 5 Weeks | Price: \$89
Wednesdays @ 6:30PM | On Campus

Sept. 17 – Oct. 15, 2025

Oct. 29 – Nov. 26, 2025

MEDITATION FOR BEGINNERS

Build a consistent meditation practice rooted in mindfulness, breath, and intention. Learn techniques to calm the mind, reduce stress, and reconnect with your inner rhythm — no experience needed. Perfect for beginners seeking clarity, focus, and emotional balance.

Duration: 4 Weeks | Price: \$89
Thursdays @ 6:00PM | Virtual

Sept. 25 – Oct. 23, 2025

Oct. 30 – Nov. 21, 2025

INTRODUCTION TO BREATHWORK

Explore the power of conscious breathing to release tension, calm the nervous system, and open new pathways to healing. In this weekend intensive, you'll learn foundational breathwork practices and how to integrate them into daily life.

Duration: 2 Days | Price: \$99
Sat and Sun @ 10:30AM | On Campus

Nov. 15 – Nov. 16, 2025



HEALTH AND WELLNESS: TRAIN WITH PURPOSE

SANKOFA WALK CLUB

This isn't your average walk club. Sankofa Walk Club is a structured, empowering training experience that helps you build endurance, strength, and community. Over six weeks, you'll train toward a 10K (6.2 miles) with guided walks, pacing support, and weekly motivation. Ideal for anyone ready to walk with purpose—not just for steps, but for transformation.

Duration: 6 Weeks | Price: \$149

Sept. 4 – Oct. 11, 2025
Thursdays @ 6:15PM | On Campus

Oct. 16 – Nov. 22, 2025
Thursdays @ 6:15PM | On Campus

SANKOFA FIT

A strength and conditioning program designed for everyday people who want to move better, feel stronger, and stay consistent. You'll train in a supportive small group setting with expert guidance, weekly progress tracking, and real accountability — no intimidation, just growth.

Whether you're starting your fitness journey or getting back on track, Sankofa Fit meets you where you are.

Duration: 5 Weeks | Price: \$249
Tue, Thur, Sat, Sun | Hybrid

Sept. 30 – Nov. 1, 2025

Nov. 18 – Dec. 20, 2025



MENTAL, EMOTIONAL & SOMATIC WELLBEING: HEAL & GROW

INNER CHILD WORK: REPARENTING YOURSELF

Our earliest experiences quietly shape how we love, trust, and care for ourselves today. This course offers space to gently identify those patterns and begin the work of offering yourself the guidance and nurturing you may have needed then. Through embodied practices and supportive group dialogue, you'll learn to become the steady, loving presence you've always deserved.

Duration: 4 Weeks | Price: \$139
Tuesdays @ 6:30PM | On Campus

Oct. 14 – Nov. 4, 2025

SOMATIC PRACTICES FOR TRAUMA RECOVERY

Trauma isn't just held in memory — it's carried in the body, passed through breath, posture, silence, and survival. This course offers a path home through gentle, embodied practice. With movement, breath, and grounding as your guide, you'll begin to release what's been buried, restore your rhythm, and reclaim the safety that has always been your birthright.

Duration: 6 Weeks | Price: \$199
Tuesdays @ 6:30PM | Virtual

Oct. 7 – Nov. 4, 2025



CULTURAL ARTS & HOLISTIC LIVING COURSES: CONNECT & GROW

AFRO-DIASPORIC DANCE & HEALING

Learn traditional and contemporary African dance rooted in the rhythms, stories, and spirit of the diaspora. Each session blends cultural movement with embodied healing, creating space to express, release, and reconnect through the body. The course culminates in a closing performance and ceremony—a celebration of joy, resilience, and collective power.

Duration: 8 Weeks | Price: \$249
Sundays @ 6:00PM | On Campus

Nov. 2- Dec. 21, 2025

INTRO TO ANCESTRAL PATHWAYS: NATURE, RITUAL AND STORYTELLING

Reclaim ancestral ways of knowing and healing through cultural practice, guided ritual, and community storytelling. This course invites you to remember what lives in your lineage—how nature, ancestral memory, and traditional herbal medicine can ground and guide your journey today.

Duration: 5 Weeks | Price: \$199
Sundays @ 2:00PM | Hybrid

Oct. 19 – Nov. 16, 2025



EASILY REGISTER ONLINE!



SCAN TO START YOUR
WELLNESS EDUCATION
JOURNEY.



