



**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

## 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**

Aug. 13 – Sept. 10, 2025

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**

Aug. 14 – Sept. 11, 2025

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**

Oct. 4 – Oct. 5, 2025

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. 6 – Oct. 11, 2025  
Saturdays @ 8:00AM | On Campus

Oct. 16 – Nov. 20, 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**

Aug. 12 – Sept. 13, 2025

Sept. 30 – Nov. 1, 2025

Nov. 18 – Dec. 20, 2025

## SANKOFA STEP AEROBICS

### Level I - Foundations

Reignite your rhythm. This intro-level class helps you build confidence, coordination, and cardio endurance at a steady pace. Perfect for beginners or anyone getting back into movement.

**Duration: 8 Weeks | Price: \$179**  
**Fridays @ 6:15PM | On Campus**

Sept. 5 – Oct. 24, 2025

### Level II - Advanced

Challenge your body and your rhythm with dynamic choreography and high-energy cardio. Best for those with prior fitness or dance experience.

**Duration: 8 Weeks | Price: \$179**  
**Fridays @ 7:15PM | On Campus**

Sept. 5 – Oct. 24, 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**  
**Wednesdays @ 6:30PM | Virtual**

Oct. 1 – Nov. 5, 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

## **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

# EASILY REGISTER ONLINE!



SCAN TO START YOUR  
WELLNESS EDUCATION  
JOURNEY.

