

DIASPORIC SOUL

Senegal|West Africa|North Carolina, USA



Bi Bahna Bubaax*:

Django Praxis, Racial Healing & DIASPORIC SOUL

DIASPORIC SOUL hosted four Xavier University (Cincinnati) students and their two elder-mentors, Dr. Kyra Shahid and Audrey Calloway, for their healing-centered **DIASPORIC SOUL** Leadership Development Experience this summer. Their **DIASPORIC SOUL** experience included performing healing rituals, practicing yoga and other body-centered practices, exploring Senegal's vibrant and dynamic culture, (re)connecting to nature, celebrating their collective capacity for resilience and

*It is very very good. !Wolof

resistance, reflective journaling and enjoying Senegalese cuisine. Their **DIASPORIC SOUL** experience offered them space to deepen their self-awareness, further develop their inter-cultural competency and remember the important role of community, belonging and relationships to their individual and collective healing and well-being.



Restorative yoga was the first new method of healing introduced to me. On the first night, I famously said "I'm not very bendy." By the end of the trip, I had set up a permanent Legs Up the Wall in the living room. Now that I am back in the United States, I miss the moments we shared and the way my body felt after our yoga sessions. I was at peace in Senegal. My body did not ache; I did not have any stress in the world while I was there. I may go back to the same place, but I did not return the same person. I am never felt more spiritually whole yet incomplete at the same time.

Adrian Parker, Xavier University|Class of 2018

Their **DIASPORIC SOUL** Leadership Development Experience also included presenting at this year's Dakar Institute for African Studies (DIAS) international conference. Prior to arriving in Senegal, the students authored chapters in the recently released book - *Anti-Black Racism and Epistemic Violence* (Sentio 2018) written by Dr. Shahid. In the text, their respective autobiographical testimonies allow them to question, challenge and resist the imposed and colonizing standards, traditions, and epistemologies that maintain white supremacy and perpetuate anti-blackness in the academy. At the conference, they engaged in Django Praxis by presenting their testimonies with music, critical inquiry, poetry, and storytelling as vehicles for healing and restoration. Their engaging, relevant and dynamic presentation was very much well-received.

The **DIASPORIC SOUL** Leadership Development Experience is an opportunity afforded to Black students at Xavier University. This unique opportunity reflects the institution's bold commitment to racial healing, racial reconciliation and racial justice. The **DIASPORIC SOUL** healing-centered leadership development experience will be offered to three additional XU cohorts. The Django Praxis cohort will be discussing how writing about their experiences with racism, their Django Praxis and their Diasporic Soul experience offered them opportunities for healing and restoration at a Community Discussion, Book Signing and Silent Auction on 8 November 2018.

Learn more about **DIASPORIC SOUL** healing-centered leadership development and heritage travel programs at our website www.diasporicsoul.com or by e-mailing us at madamecoly@diasporicsoul.com. You can also follow us @diasporicsoul on Twitter and Facebook.

YAAKAR Music Festival

Fallou N Diaye, musician, promoter and organizer of Marseille, France’s annual Jazz Festival and his fellow musicians joined us during their visit to Senegal for the YAAKAR Music Festival. Their time included working with local Senegalese artists at the YAAKAR production facility in Rufisque and performing at this year’s annual YAAKAR Music Festival. YAAKAR is annual international music festival that features artists from around the world who perform in both Dakar and Rufisque.



Fulbright Scholars Taste DIASPORIC SOUL

DIASPORIC SOUL welcomed a group of four Fulbright Scholars affiliated with William Penn University in New Jersey to our home and café . We enjoyed tons of love and laughter on our plant-filled terrace each time these Diasporic Souls dined with us while they worked on their research or just chilled at the end of busy weeks completing their field research across the country and The Gambia. Their time with us also included practicing restorative yoga, learning about traditional Senegalese herbal medicine and spirituality, watching World Cup Soccer, learning how to make *fatayas* (a deep fried meat-filled dough pocket that will remind you of a samosa or empanada) and having outfits made by a local tailor after completing design consults with him.



As a result of her time with us this summer, Winifred Estevez, one the four Fulbrights, will return as an artist-in-residence with the RAW Académie with the Raw Center for Art, Knowledge and Society. The RAW Académie is a 7-week experimental residential program that is dedicated to a dynamic reflection on artistic research, curatorial practice and critical writing that is directed by a lead faculty who has displayed an off-the-beaten-track practice in regard to art, curating and art criticism. Wini's residency will be led by Nigerian artist Otobong Nkanga. We look forward to having Wini back with us this fall.



Calm in the Chaos: Healing Retreats for Black Women



Art Credit: Winifer Estevez.

Contact us regarding space availability:
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