

**Black Religion and Mental Health Symposium**

The interdisciplinary symposium will explore the ways that religion, spirituality, and culture shape mental health. It will examine the ways that these factors influence mental health outcomes and how they can be used to improve mental health care. The symposium will feature presentations from leading scholars in the field, as well as a panel discussion on the role of faith in mental health care.

**Experts in history, public health, psychology, religion studies, and spirituality will explore the ways that these factors influence mental health outcomes and how they can be used to improve mental health care.**

**February 29, 2024  
5-7:30 PM**

**April  
March 1, 2024  
9:30 AM-5 PM**

**James Rouse, Swartz Hall  
45 Francis Avenue  
Harvard Divinity School**

*This event will be streamed live on the HDS YouTube channel.*

Open to the Harvard community and the general public. No registration required. For more information, please contact: dr.evans@divinity.harvard.edu

HARVARD DIVINITY SCHOOL



HARVARD  
DIVINITY SCHOOL

Dr. Stephanie Y. Evans  
Georgia State University  
professorevans.net  
March 1, 2024





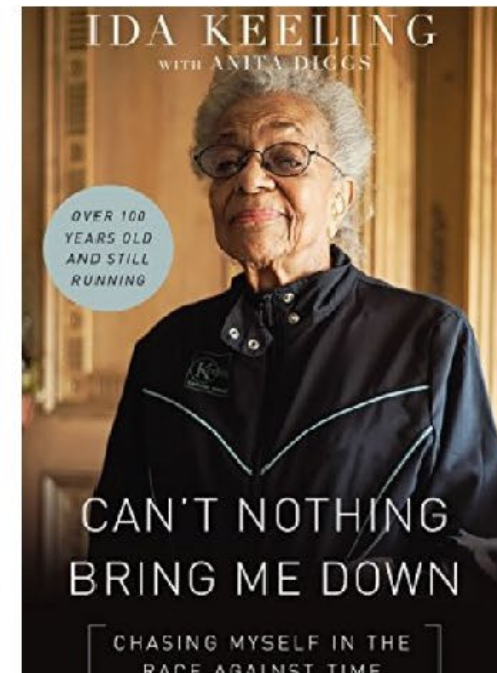
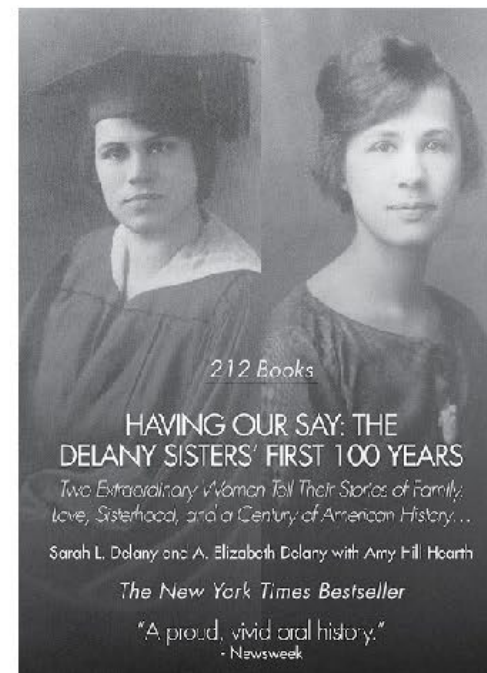
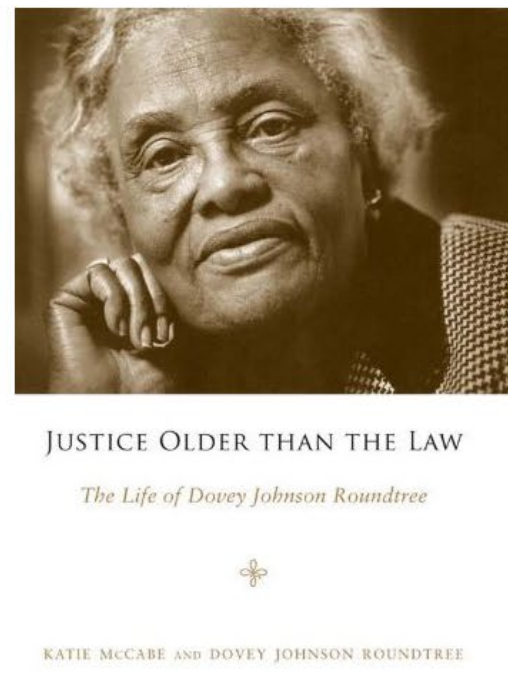
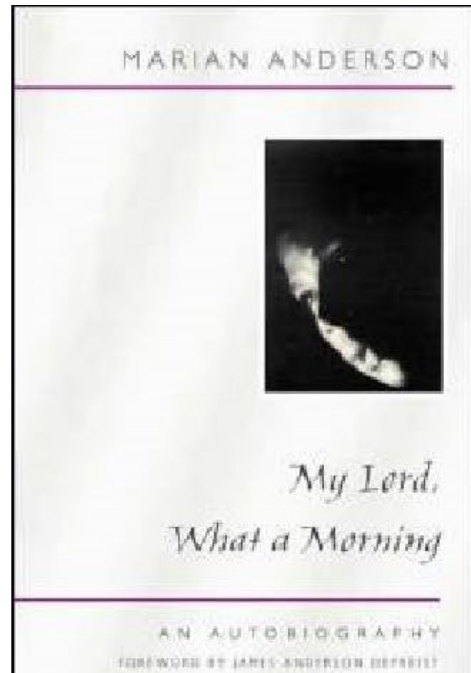
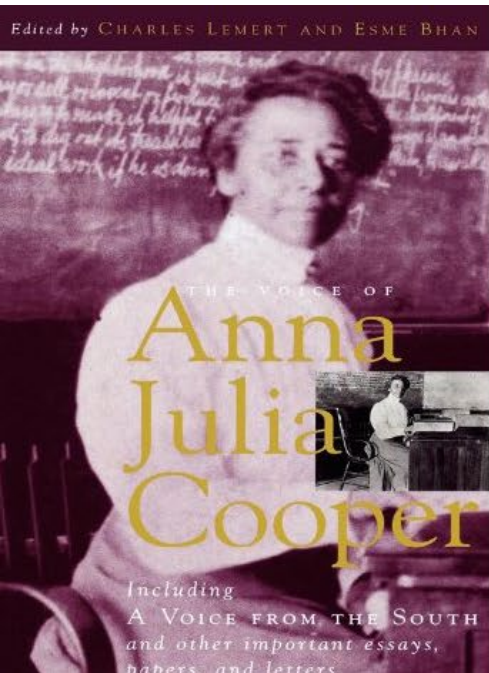
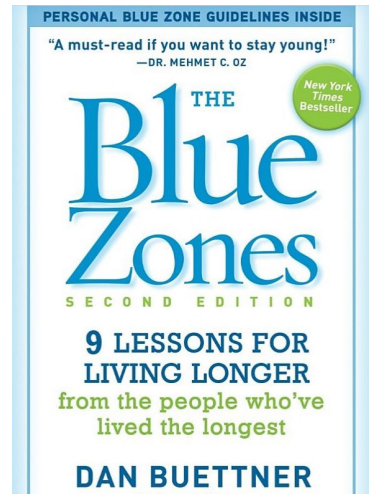
*OUR AUNTIE ROSA: The Family of Rosa Parks Remembers  
Her Life and Lessons (2015)*

*“Rosa Parks practicing yoga at an event, 1973”*

*© Library of Congress*



# Blue Zones for Black women: Centenarians



**Meditation**  
COOPER'S  
SUN ROOM

**Music**  
ANDERSON'S  
SONG

**Prayer**  
ROUNDTREE'S  
SPIRITUALITY

**Yoga**  
DELANYS'  
DAILY PRACTICE

**Exercise**  
KEELING'S  
SPORT



**Question**

*How have  
Black women elders  
managed stress?*

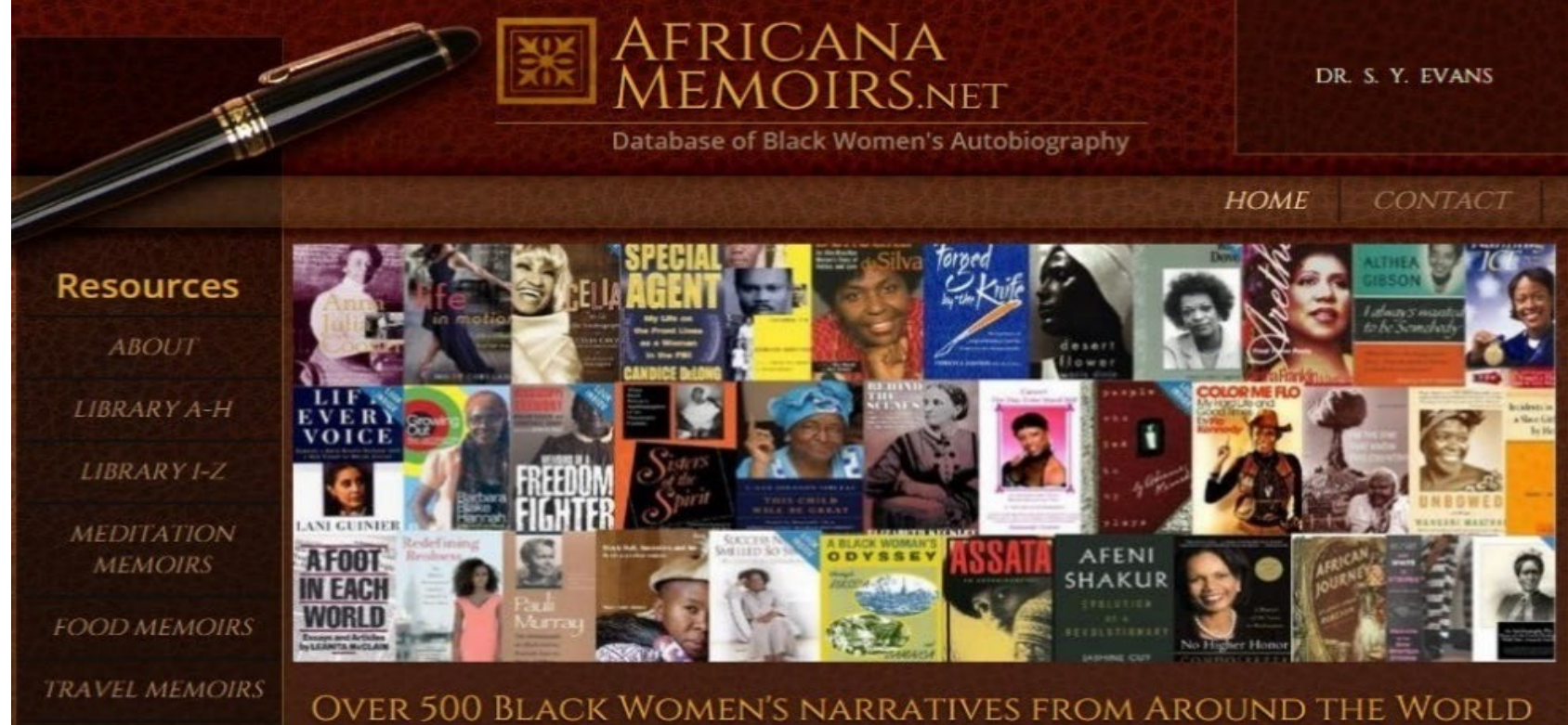


***(Dr. Cooper in sun room)***





# Africana Memoirs.net



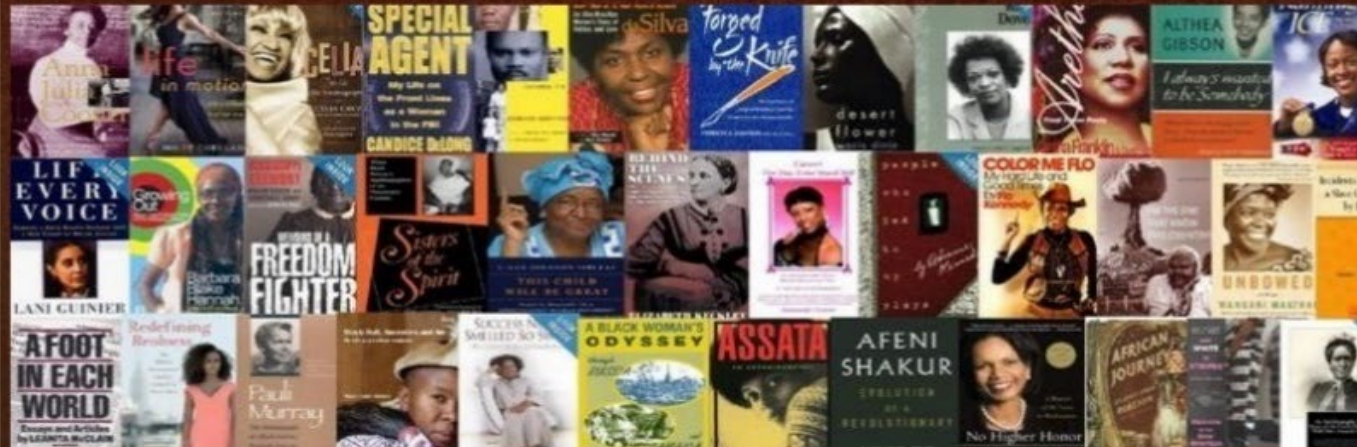
**AFRICANA MEMOIRS.NET**  
Database of Black Women's Autobiography

DR. S. Y. EVANS

HOME CONTACT

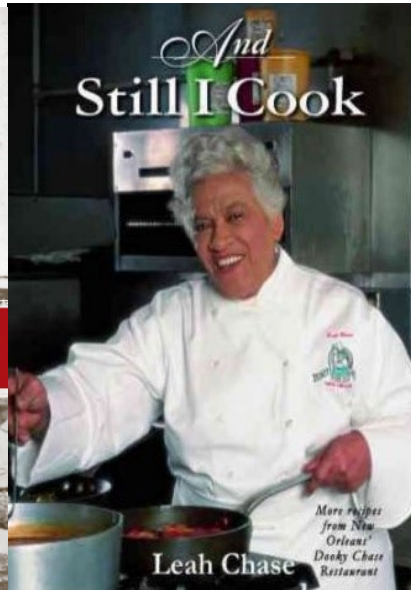
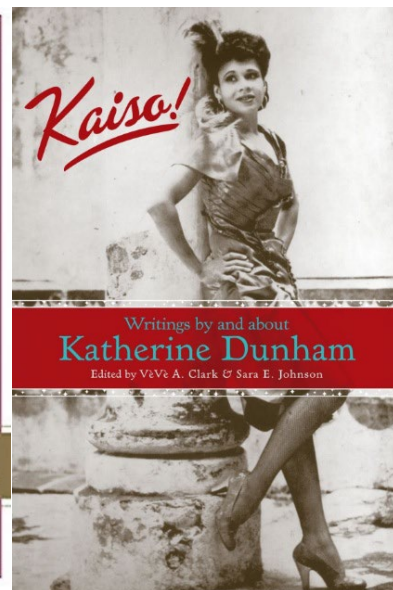
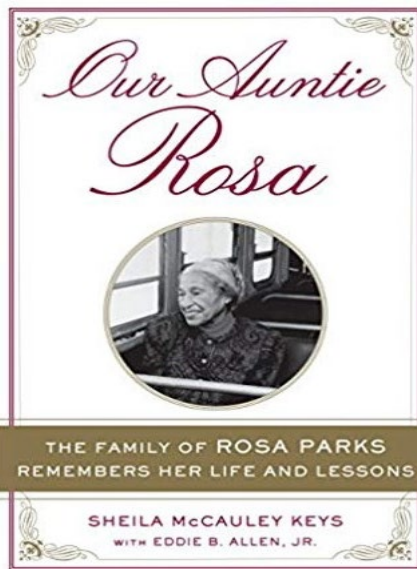
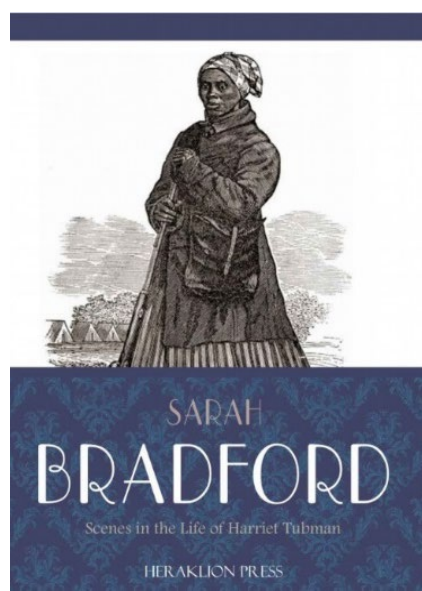
**Resources**

- ABOUT
- LIBRARY A-H
- LIBRARY I-Z
- MEDITATION MEMOIRS
- FOOD MEMOIRS
- TRAVEL MEMOIRS



OVER 500 BLACK WOMEN'S NARRATIVES FROM AROUND THE WORLD

The banner features a grid of approximately 40 book covers from various authors, including titles like 'Special Agent', 'The Forged Knife', 'A Foot in Each World', 'Kissata', 'Afeni Shakur', and 'African Journeys'. A fountain pen is visible in the top left corner of the banner.

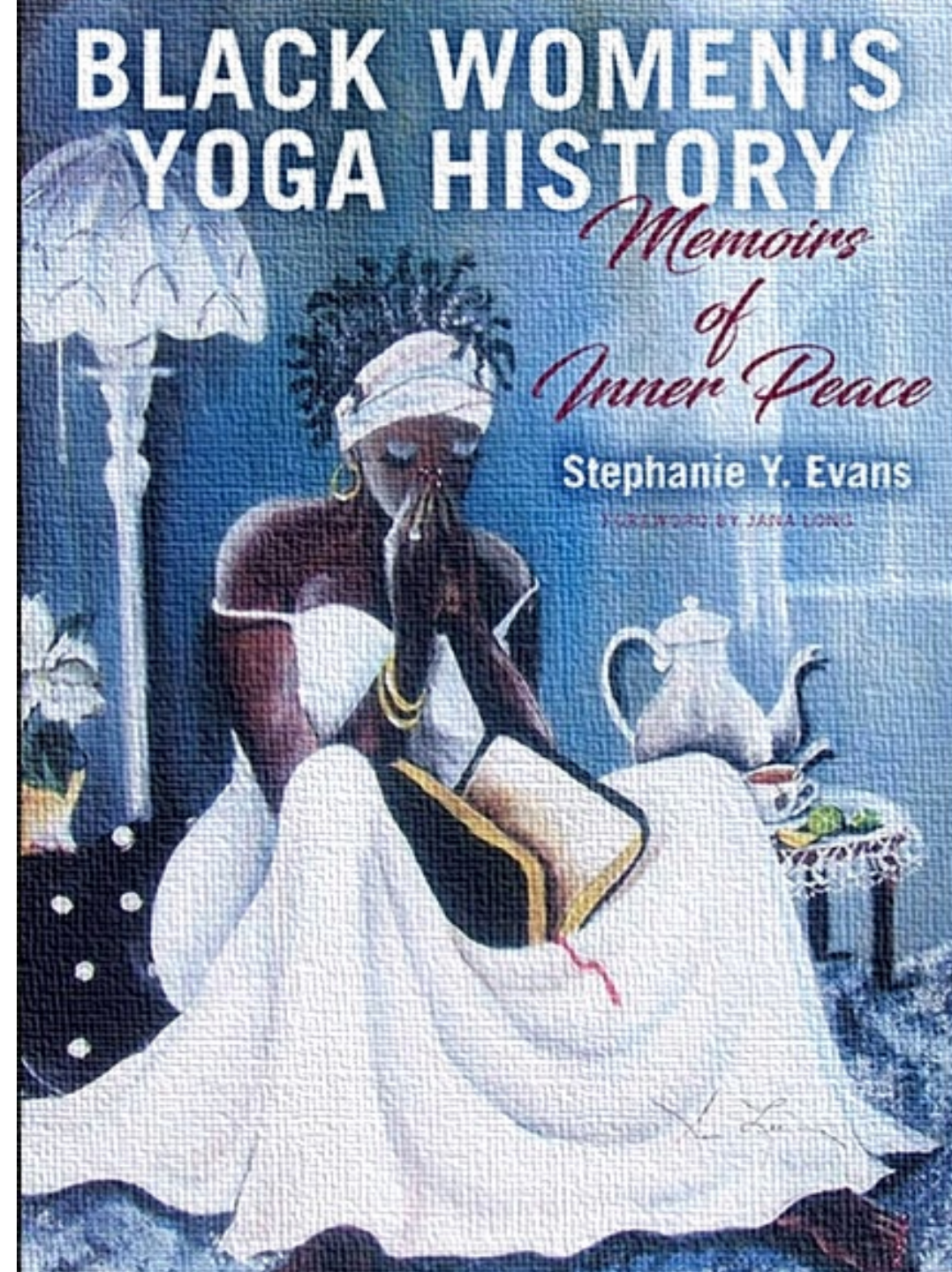




# HOMAGE: MY CUP RUNNETH OVER

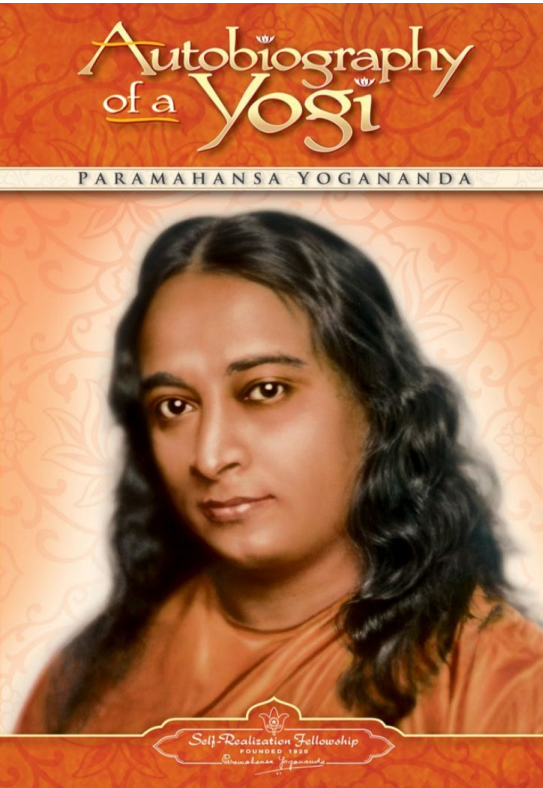
## Before & After 1975

- I. Look Inward HEALING TRADITIONS
- II. Look Backward #HISTORICAL WELLNESS
- III. Look Forward TOWARD MENTAL HEALTH

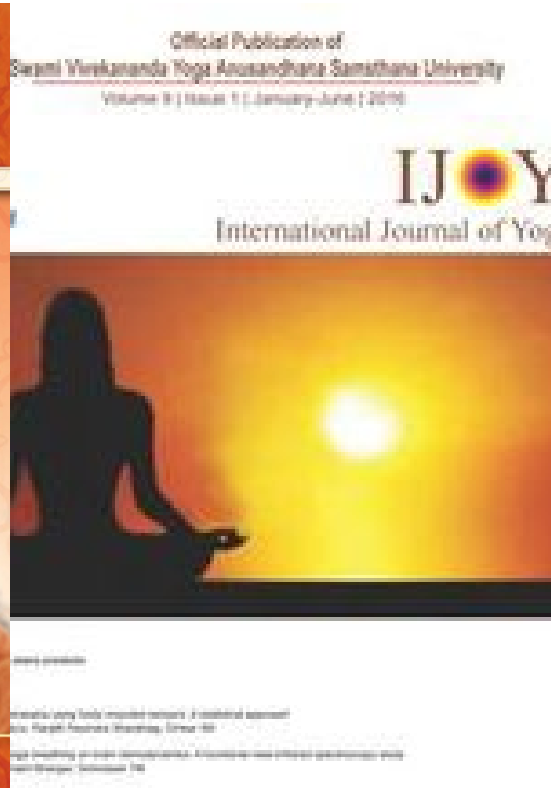




# YOGA: An Indian story



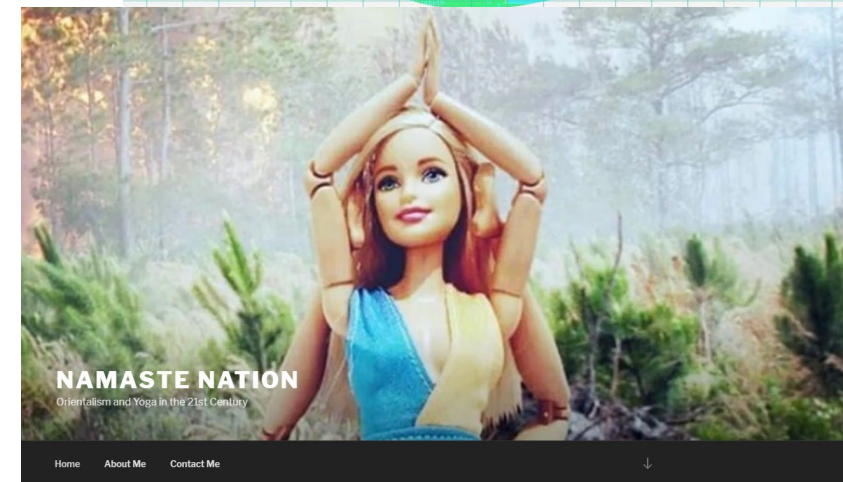
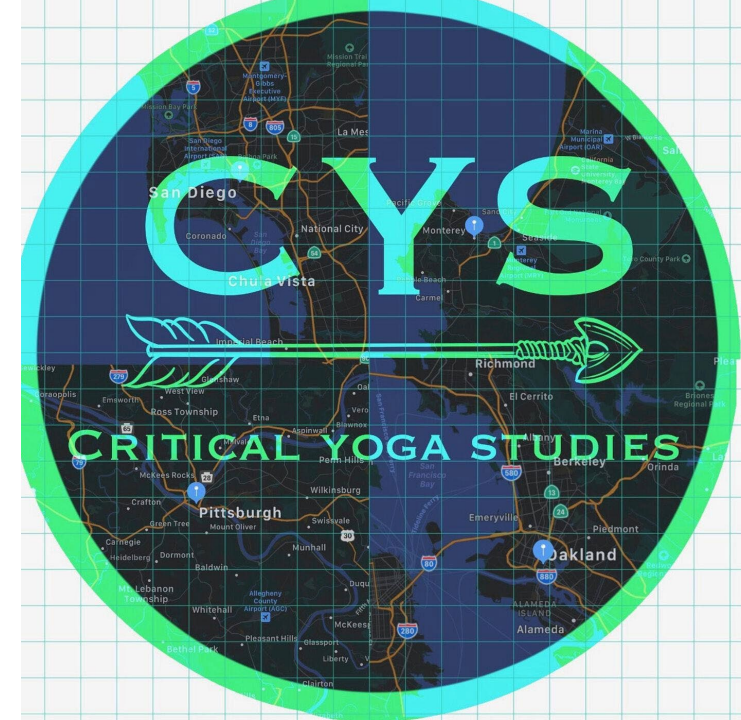
**Gurus**  
From India to US



**Journals**  
1933 ~ 2008

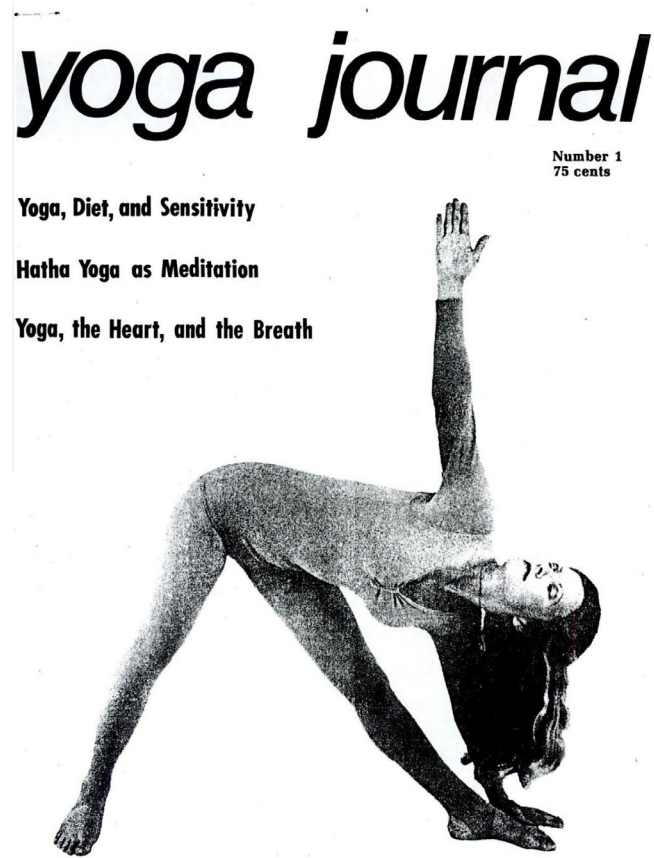


**Yoginis**  
Teacher-Authors



**Scholars**  
Practitioner-  
Researchers

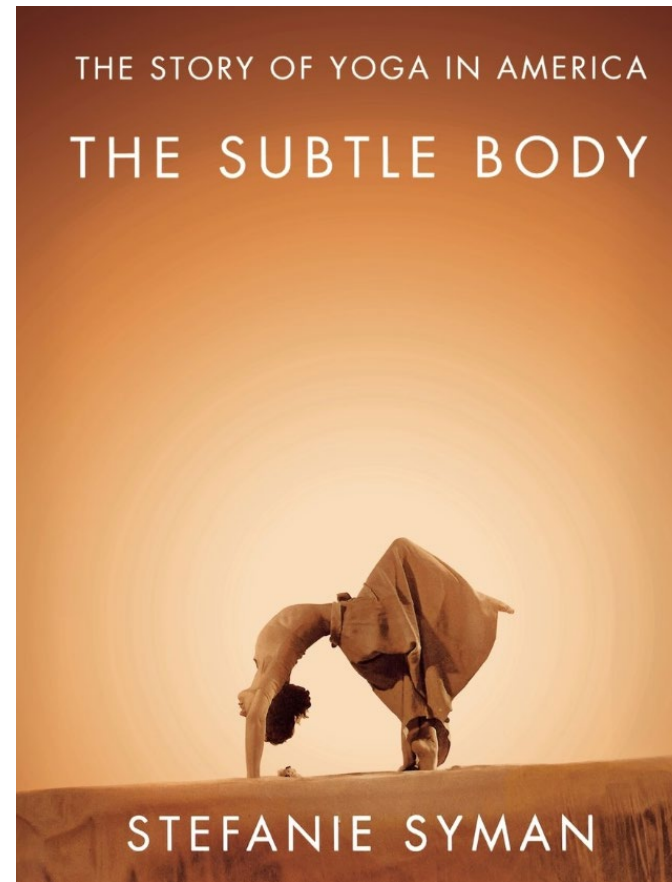
# YOGA: An American STORY



***Yoga Journal***

***Cultural Critique***

First Issue, 1975



***American Trends***

*The Subtle Body*





# YOGA: an African story



## Kemetic Yoga

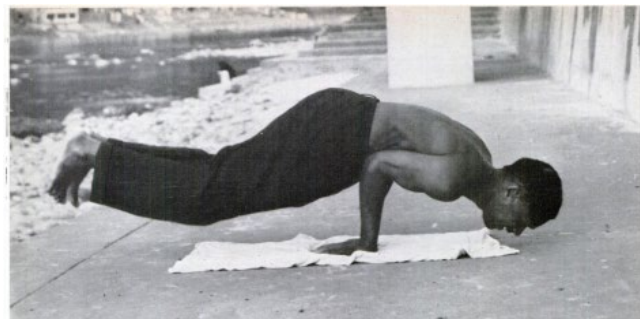
Egyptian Temples (Hopi & Hotep)

- Connection to Ancestors
- Rule of 4 Breathing
- Geometric Progression





# African American yoga history



Wally Washington practices difficult "pigeon posture" (above) at Hindu monastery where he, his wife and their 18-month-old daughter live largely while being interested in ancient Hindu practices. "Pigeon posture," Hindu deity, cross dibbons and horsewalk. "Horsewalk posture" (below) is Prime Minister Nehru's favorite.

## YOGA STUDENT IN INDIA

Ohioan probes Hinduism in shadow of Himalayas

BY S. RAJAN

THE Hindu monastery at Rishikesh, India, lay wrapped in the stillness of the Himalayan dawn. As I peeped out of the tiny window of my unheated monastery guest room, I could see the Ganges, sacred river of the Hindus, majestically flowing past. Suddenly, voices began singing the Hindu prayer in an adjoining room. What intrigued me was one voice—highly nasal and certainly not Indian. Upon investigation, I learned that the voice belonged to Mr. Wesley Washington, a young Negro from Lima, Ohio. Accompanied by his wife and 18-month-old daughter Aquila, he has been in India for several months to probe the depth of Yoga and other aspects of mystic Hindu philosophy. He is the first Negro, if not the first American, to have undertaken the task in all seriousness.

Rishikesh is the least likely place where one might expect to find an American Negro couple. It is the last outpost of what one might call modern civilization as one travels north from Delhi in the direction of the Himalayas. The local population of 4,000 consists mainly of sallow-skinned, shaven-headed monks and small traders who depend for their livelihood on the pilgrim traffic which passes through each summer. For beyond Rishikesh, tucked away in the snow-bound mountains, lie many holy shrines of the Hindus.

A student of comparative religion, Mr. Washington said he intends to make a deep study of ancient Hindu thought. He has already been to Saranath where he meditated at the very spot where the Lord Ganesha Buddha preached his message of salvation through conscious effort centuries back. "But something in me suggested," he explained, "that I should move on towards the mighty Himalayas, the home of the sages, from whom men like Gandhi drew inspiration for waging their spiritual battles against imperialism."

Life in Rishikesh, as I found during my brief stay, can be hard, even for an Indian unaccustomed to western-type comforts. All emphasis is on simplicity with a capital "S." Mr. and Mrs. Washington live in a 12-by-10-foot room on the first floor of the monastery's white-washed main guest house. Her bed consists of a creaky rope cot on which she sleeps with Aquila, while Mr. Washington sleeps on the floor with only a thin mattress to shield him from the cold. The only pieces of furniture are an old table and a rickety chair.

"We just do not mind the absence of the usual comforts," said Mrs. Washington, who wears the Hindu sari to be more in tune with the atmosphere of the place. "Down in Delhi," added Mr. Washington, "we might have missed many of the conveniences, but here, there are satisfying spiritual compensations. Moreover, we know what hardship means."



Continued on Next Page 85

The HILL TOP Friday, March 3, 1971

## Bulletin Board

### Graduate Student Council Wiley

(Continued from page 1) be among those marching.

Some of the injustices the march will protest are FIRI, a humiliating welfare bill that is presently in Congress, restrictions in the feeding program that cause many to suffer, and delays in housing and health programs which result in sick and maladjusted children.

Wiley told audience that the Welfare Rights Organization is a "here and now" effort. It deals with the problem that confronts people presently and not about some pie high in the sky or something abstract in the future.

When questioned concerning the Black people asking for hand outs Wiley replied in an emotional tone. "My ancestors work for this country for 200 years, and the land of development for 400 years. I'm not asking for hand outs but for what is rightfully mine."

The Welfare Rights Organization has 400 chapters within 42 states. It is predominantly Black and 90% women. The women are mainly women who receive aid for families with dependent children.

Wiley stated the Welfare Rights Organization is about Nation building. For example, an increase in welfare checks is an increase in money in the Black community.

Rene A. Martin  
Public Information Officer

Y.B.B. Mashala  
The Graduate School Council office is in Room 303, Howard Hall. The mailing address Post Office Box 631, Administration Building, Howard University. Telephone number is 636-7120.

Remember the Graduate School Council exists to serve the interests of graduate students. Keep informed and keep us informed. Feel free to stop by the office at any time. Our office secretary, Miss Keece, is on duty five days each week.

R.A. Martin  
Public Relations Officer

### Tuition meeting

Dear Brothers and Sisters: Perhaps you may not be aware that the issues surrounding the increase of tuition for "foreign" students, applies to all students.

Therefore, we are requesting your support and presence at a meeting this Friday, March 3, 1971 concerning an investigation into the underlying issues surrounding the rumored increase of tuition for "foreign" students and other problems.

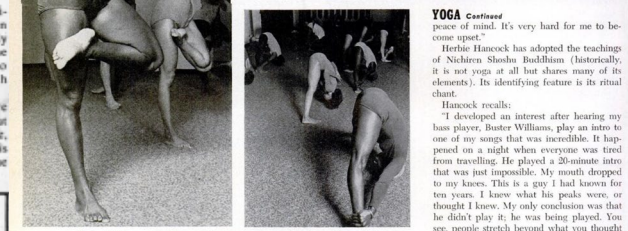
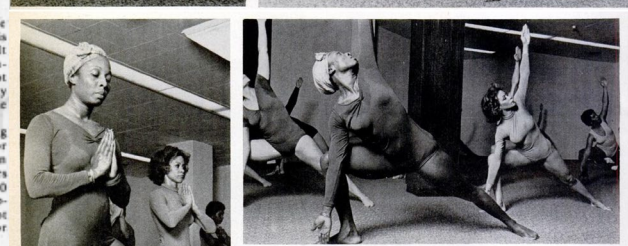
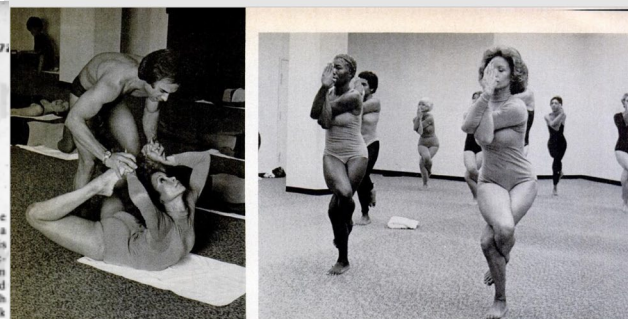
The meeting will be held on Friday, March 3, 1971 at 1:00 p.m. in the University Penthouse.

**CURIOUS ABOUT YOGA ?**

Take your first exercise class FREE.

Keep your body fit, learn to relax and gain greater self control.

For schedule, call: 347-3355



Black celebrities are included among Hindu yoga students of the Yoga College of India in Beverly Hills. Teacher Bikram Choudhury coaches singer Fonda Payne in the Full Bow position (top left). Miss Payne is joined in her exercises by disc jockey Nayana Davis in Eagle (or Pigeon) position (top right), then in photo above, actress Marjoe Gortner joins Ms. Payne in (clockwise from left) beginning of difficult Tree Stand, Triangle and Separate Leg Stretching positions.

Satchidananda Ashram  
Yogaville

## Yoga as a Peace Practice

### Creating Resilience in Our Communities

Jana Long, E-RYT 500, C-IAYT,  
Maya Breuer, E-RYT 500,  
Gail Parker, Ph.D., E-RYT 500, C-IAYT, and  
Dana A. Smith, E-RYT 500, CLC

May 17-19, 2019

Yoga as a Peace Practice (YPP) is a program that offers Yoga teachers a toolset of contemplative practices to help ease the negative impact of violence on individuals and communities.

This workshop will enable you to:

- Teach contemplative Yoga philosophy in accessible language
- Guide others in *pranayama* techniques to address the mind, body, and spirit
- Demonstrate practices in Restorative Yoga to support the physical, emotional, and spiritual wellness of individuals
- Facilitate sharing circles and teach necessary communication skills

For General public

8 training hrs  
Tuition \$260  
+ 2 nights accom.

byta  
BLACK YOGA TEACHERS ALLIANCE

Ebony Magazine  
BYTA

The Howard Hill Top

Ebony Magazine

1960 India Visit

1971 First Reference

1975 Feature



# “HISTORICAL WELLNESS”

\*

## YOGA & MEDITATION

are not new to Black women...

“The Queen of Sheba and her people bow down in prayer to greet the rising and setting sun.”

*Bible | Talmud | Quran | Kebr Negast*





# Chapter 5

## weathering the weary blues

Enslavement, Jane Crow, & Migration



**MEDITATION**  
**JACOBS (84)**  
Incidents (1861)

**EXERCISE**  
**DELANY SISTERS (109 & 104)**  
Having Our Say (1993)

**MOVEMENT**  
**KITT (81)**  
Rejuvenate! (2001)



# Chapter 6

## everyday violence, everyday peace

Civil Rights, Black Power, & New Age



**STRETCHING**

**PARKS (92)**



**VISUALIZATION**

**WILLIS (73)**



**CHANTING**

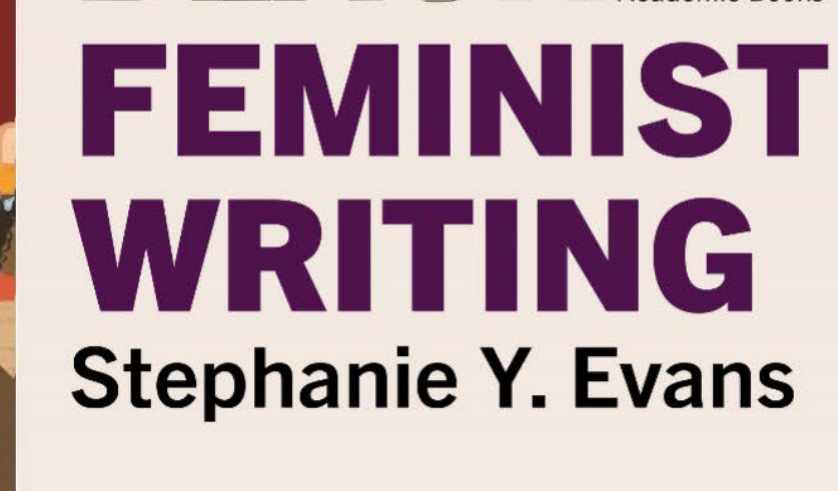
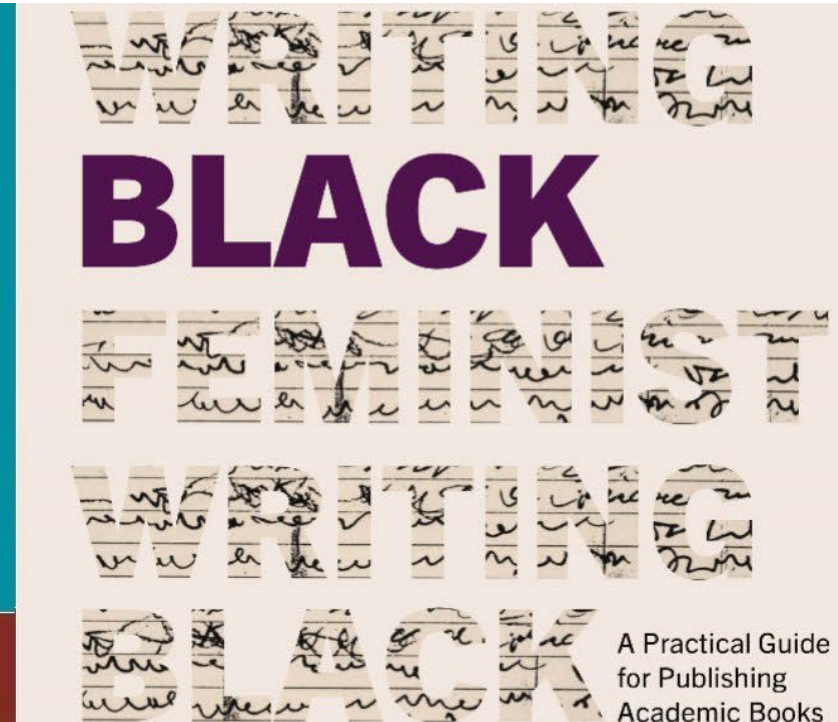
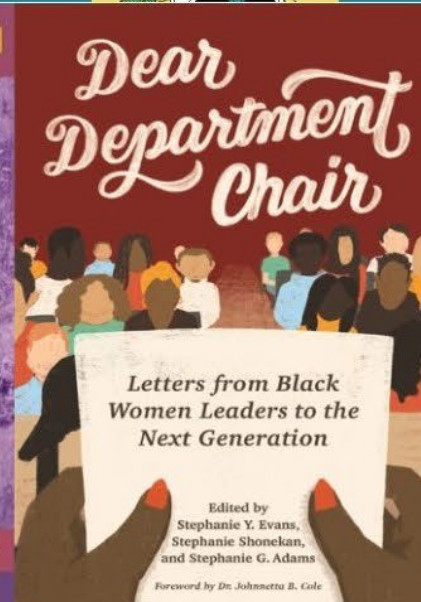
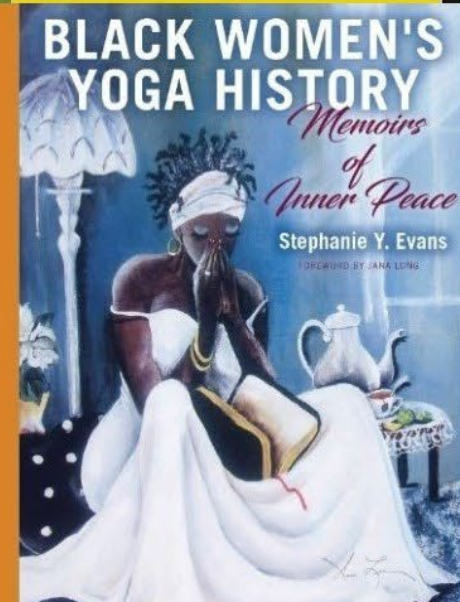
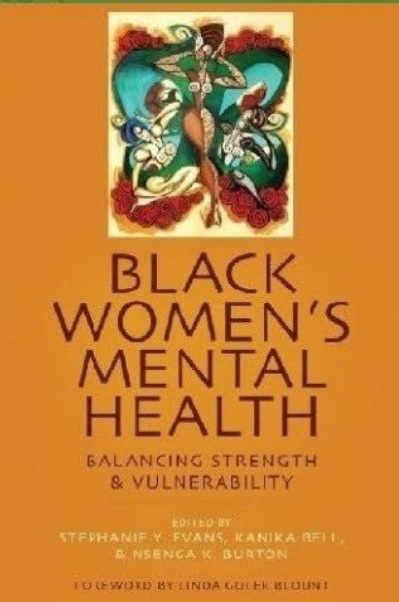
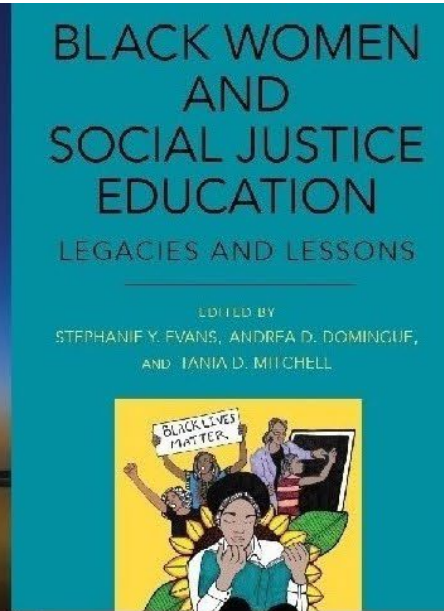
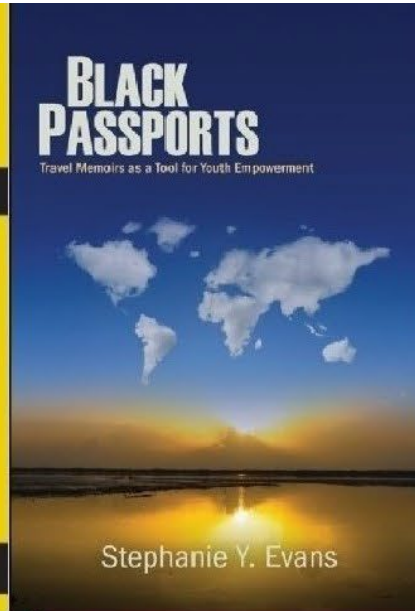
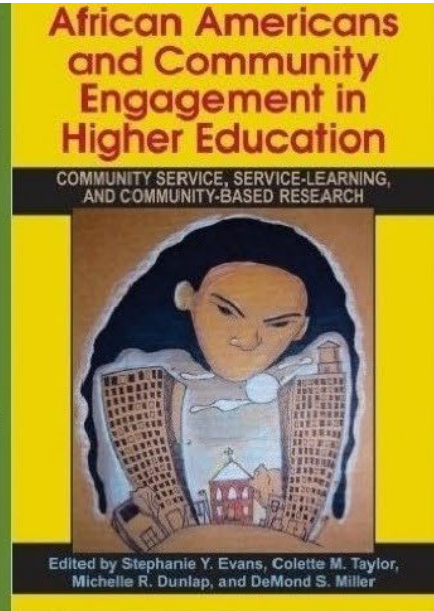
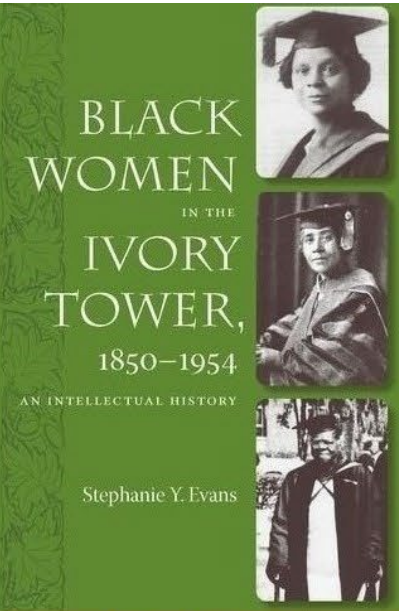
**TURNER (81)**



# BOOKS by DR. EVANS

## THEMES

Memoirs | Mentoring | Mental Health





# Stress as a Black Woman Scholar

**100** BLACK WOMEN PROFESSORS NOW.

## Hypocrisy

Extraordinary scrutiny, Lies, & Character Assassination

Hanna **Nicole-Jones**, UNC Chapel Hill (denied tenure), July 15, 2022

Claudine **Gay**, Harvard (harassment, lies, & character assassination), Jan 3, 2024

## Exclusion

WHEN study, 2019: 35 **UK Black** women faculty out of 23,000

## Abuse

Overwork: Joanne A. **Epps**, Temple University, (died on stage), Sept 19, 2023

Early Death: Orinthia T. **Montague**, Volunteer State Comm College (age 56), Sept 22, 2023

## Depression

Antoinette “Bonnie” **Candia-Bailey**, Lincoln U (suicide), Jan 11, 2024

### “Ring the Alarm”

Nadria Njoku & Dannie Marshall, *Diverse Issues*, Jan 15, 2024

BW Highest suicide risk among women (Boston University)

Maternal mortality rates (Johns Hopkins)





# AFRICANA TEA

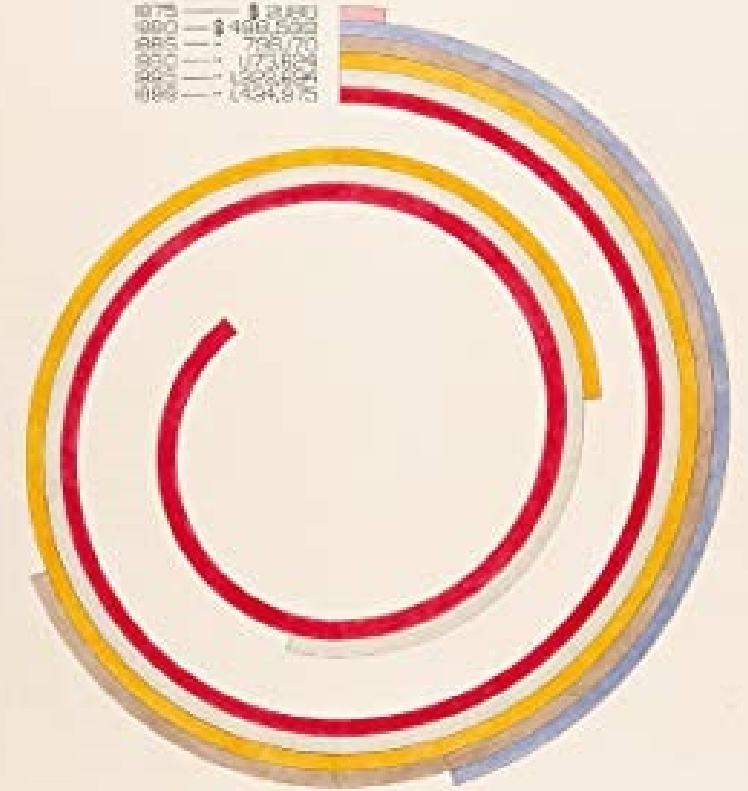


**A Global History of  
Black Women's Mental Health**

## **W. E. B. Du Bois's Data Portraits Visualizing Black America**

THE COLOR LINE AT THE TURN OF THE TWENTIETH CENTURY

1880	1890	1900	1910	1920
100,000	150,000	200,000	250,000	300,000
200,000	300,000	400,000	500,000	600,000
300,000	400,000	500,000	600,000	700,000
400,000	500,000	600,000	700,000	800,000
500,000	600,000	700,000	800,000	900,000
600,000	700,000	800,000	900,000	1,000,000
700,000	800,000	900,000	1,000,000	1,100,000
800,000	900,000	1,000,000	1,100,000	1,200,000
900,000	1,000,000	1,100,000	1,200,000	1,300,000



WHITNEY BATTLE-BAPTISTE and BRITT RUSERT, editors



# TEA HISTORIES: GLOBAL HEALTH



**AFRICA**  
Wangari Maathai  
Kenya  
  
Black

**ASIA**  
Margo Okazawa-Rey  
Japan  
  
Green

**EUROPE**  
Mary Seacole  
England  
  
Senna

**CARIBBEAN**  
Rita Marley  
Jamaica  
  
Hibiscus

**S. AMERICA**  
Benedita da Silva  
Brazil  
  
Macha

**N. AMERICA**  
Phillis Wheatley  
United States  
  
Chamomile



# HOLISTIC HEALTH

Black women around the globe have written about how tea has improved their pursuit of health. Whether drinking tea to relax and relieve anxiety, sharing tea and recipes in a community, or communing in sacred spaces. Tea is also a ubiquitous way Black women support wellbeing, including religious observance, nursing and illness recovery, sexual and reproductive health, socializing children, beauty maintenance, and as a tool for economic organizing and political activism.

MENTAL	PHYSICAL	SPIRITUAL	SOCIAL	ECONOMIC	POLITICAL
<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Relaxation</li> <li>• Slow lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>• Reproductive health</li> <li>• Colds</li> <li>• Soothing symptoms of illness (cancer recovery)</li> <li>• Voice maintenance</li> <li>• Beauty</li> </ul>	<ul style="list-style-type: none"> <li>• Buddhism</li> <li>• Christianity / church fundraising</li> <li>• Judaism</li> <li>• African / Indigenous (Americas &amp; Australia)</li> </ul>	<ul style="list-style-type: none"> <li>• Culinary traditions</li> <li>• Emancipation celebrations</li> <li>• Social literary &amp; learning</li> <li>• Supper clubs</li> <li>• socializing children</li> </ul>	<ul style="list-style-type: none"> <li>• Colonization</li> <li>• Enslavement</li> <li>• Plantation labor &amp; unionizing</li> <li>• Business ownership</li> </ul>	<ul style="list-style-type: none"> <li>• Temperance movement</li> <li>• BW Club Movement</li> <li>• White House politics               <ul style="list-style-type: none"> <li>○ Mary McLeod Bethune</li> <li>○ Dorothy Height</li> <li>○ Pauli Murry</li> <li>○ Eartha Kitt</li> <li>○ Lorraine Hansberry</li> <li>○ Belva Davis</li> <li>○ Michelle Obama</li> </ul> </li> <li>• #MeToo Movement (Burke)</li> </ul>





**MOTHERVINES** | A History of Black Women and Wine





**SANKOFA  
WRITING  
WORKSHOPS**

**LEARN CREATE TEACH**

book workshops for academic authors

w/ Dr. Stephanie Y. Evans

# WORKSHOP OUTLINE

## ORIGINS (LEARN)

Preface: *Time to Think*

Introduction: **Academic Stress**

**Regenerative Writing:** Learn, Create, and Teach the Practice of Self-Care

**Argument:** *Professional Practice*

## FOCUS (CREATE)

**Voice:** *Personal Practice*

**Editing:** *Publishing Practice*

**Community:** *Public Practice*

**Institution:** *Political Practice*

## GOALS (TEACH)

Conclusion: **Academic Wellness**

Coda: *Feeling Good*

PROFESSOREVANS.NET

