

DR. STEPHANIE Y. EVANS WELLNESS LECTURE @ GSU

CENTER FOR
THE STUDY OF
STRESS, TRAUMA
& RESILIENCE



Black Women's Yoga Memoirs Before & After 1975:

An Intellectual History of Inner Peace, Self-Care, & Stress

[Dr. Evans](#) will discuss one question: How have African American women elders written about managing traumatic stress? Six yoga memoirs by women over age seventy emphasize how holistic health practices have been present in women's narratives since at least the mid-nineteenth century. Primary sources mention meditation and yoga from eras of enslavement, segregation, and migration to the Civil Rights, Black Power, and New Age movements. To date, Black women have written over fifty yoga memoirs that show how meditation, exercise, movement, stretching, visualization, and chanting promote wellbeing. Black women's memoir is a prime location from which to study mental health history before and after 1975, when yoga was solidified as a national interest.

Memoirs by Harriet Jacobs, Sadie and Bessie Delany, Eartha Kitt, Rosa Parks, Jan Willis, and Tina Turner reveal Black women's everyday holistic health practices that address stress, anxiety, and depression. At a time when Black women's studies is approaching its fiftieth anniversary, dozens of memoirs by yoginis (women yoga practitioners) reveal several generations of self-healers and wellness activists. Details at [Stress Center](#).



"Rosa Parks Practicing Yoga at an Event" 1973 © Library of Congress
(Photo used by permission of the Rosa and Raymond Parks Institute for Self-Development)

Friday, Jan. 31, '20
@ 12pm

College of Education &
Human Development
(CEHD)

Room 1030

30 Pryor Street,
Atlanta, GA