

## Europa Grace

Cultural Competency Consultant, Artist and E-RYT 500 Trauma Conscious Yoga Teacher Trainer  
**Founder of Grasp at the Root: Uprooting white supremacy From Spaces of Healing**

### EDUCATION

2012-2015	500 E-RYT Kripalu School of Yoga
2022	300hr Embody Yoga's Roots Teacher Training
2021-2022	Holistic Underground: Justice, Equity, Diversity & Inclusion Practitioner Training
2021-2022	200hr Radiance Sutras School of Meditation TT
2015	Kripalu School of Ayurveda
2013-2016	Reiki Master
2019	Undoing Racism: People's Institute for Survival and Beyond
2016-2017	Permaculture Design Earth Activist Training with Starhawk Social Permaculture with Pandora Thomas and Starhawk
2019	Audio Description
2018	Mediation with Community Boards
2009-2011	AA Hudson Valley Community College

### WORK EXPERIENCE

<b>2022-Present</b>	Justice Equity Diversity Inclusion (JEDI) Facilitator Holistic Underground, Oakland, CA
<b>2020-Present</b>	Cultural Competency Consultant Folk (formerly Yoga Garden SF), San Francisco, CA
<b>2020-Present</b>	Yoga Teacher Trainer of 200 & 300hr Trainings Folk (formerly Yoga Garden SF), San Francisco, CA
<b>2014-2016</b>	Program Coordinator for 200hr Teacher Training Kripalu School Of Yoga and Health, Stockbridge, MA
<b>2013-2014</b>	Holistic Wellness Coach Empowerment Exchange, Troy, NY

### TEACHING & FACILITATION EXPERIENCE

<b>2020-2023</b>	200 & 300hr Teacher Trainer at Yoga Garden, San Francisco, CA Intersectional Yoga Teaching at Yoga Garden, San Francisco, CA
<b>2021</b>	Grasp at the Root: Uprooting white supremacy from Spaces of Healing, Online Co-Creating Paradise BIPOC workshop at Ebb and Flow Collective 200 & 300hr Teacher Trainer at Yoga Garden, San Francisco, CA Intersectional Yoga Teaching at Yoga Garden, San Francisco, CA
<b>2020</b>	Trauma Informed Teacher Training at Yoga Garden, San Francisco, CA Grasp at the Root: Uprooting white supremacy from Spaces of Healing, Online 200 & 300hr Teacher Training at Yoga Garden, San Francisco, CA
<b>2019</b>	200hr Teacher Training at Yoga Garden, San Francisco, CA Trauma Informed Teacher Training at Yoga Garden, San Francisco, CA Equity in Curation, SafeHouse Arts, San Francisco, CA
<b>2018</b>	Social Permaculture Mini-Intensive, Oakland, CA Social Permaculture Training, Cazadero, CA Day Long Social Permaculture at Permaculture Convergence, Hopland, CA
<b>2017</b>	Liberated Honey Workshop for QTBIPOC, Oakland, CA Queer Body Love Retreat, Camp Double Bear, CA
<b>2017-2019</b>	Yoga Instructor at Yoga Garden, San Francisco, CA Yoga Instructor at Yoga Tree, San Francisco, CA

**2014-2016** Kripalu Yoga Teacher Trainings, Stockbridge, MA  
Staff Faculty Teacher at Kripalu Institute For Yoga and Health, Stockbridge, MA  
Omega Institute, Rhinebeck, NY  
Canyon Ranch, Lenox, MA

**2013** Yoga Instructor at Empowerment Exchange, Troy, NY

**2012-2014** Yoga Instructor at Breathing Room, Delmar, NY

## **PERFORMANCE**

**2021** **Seeds & Sequins** collaboration with Snowflake Calvert  
Dartmouth College - Hopkins Center for the Arts  
**Burial**  
Beyond Gravity

**2020** **When You Fall in Love Asleep at the Wheel**  
Outdoor Acoustic Sessions at Sutro Baths with Bearfish Productions  
**HORSE**  
BAMPFA, Berkeley, CA  
**Give Us the Word**  
Queer Rebels, San Francisco, CA  
**Life is Living Festival**  
Cal Shakes, Berkeley, CA

**2019** **Give up the Ghost**  
EastSide Arts Alliance, Oakland, CA  
**A Single Drop** collaboration with Alexa Burrell (LEXAGON)  
African American Arts and Culture Complex as a part of Queer Rebels, San Francisco, CA  
Pro Arts Gallery, Oakland, CA  
Humboldt State University, Arcata, CA  
**Wrappings**  
Performance Primer, Oakland, CA  
SafeHouse Arts as a part of Femme (Again), San Francisco, CA  
**Bling Daddy**  
SafeHouse Arts, San Francisco, CA  
**How To Fall In Love In A Brothel** by Ellen Sebastian Chang  
Catherine Clark Gallery, San Francisco, CA  
**Spring Circle X** Instigated by Keith Hennesy and Snowflake Towers  
Polish Club, San Francisco, CA  
Candlestick Point, San Francisco, CA

**2018** **Beautiful Being** collaboration with Arisa White  
Humanist Hall, Oakland, CA  
African American Arts and Culture Complex as a part of Queer Rebels, San Francisco, CA  
Humboldt State University, Arcata, CA  
**Why2x** collaboration with Eki Shola  
Mission District, San Francisco, CA  
**Urban Legend of Deleted Memories**  
SafeHouse Arts, San Francisco, CA  
**Winter Circle X**  
Polish Club, San Francisco, CA

**Untitled**

**2017** The Stud as a part of HUSH HUSH, San Francisco, CA  
**Hex For The Future** Instigated by Keith Hennesy and Annie Danger  
San Francisco City Hall, San Francisco, CA

**POETRY READINGS**

**2018** Folio Books, San Francisco, CA  
Strut, San Francisco, CA  
Laurel Books, Oakland, CA  
Booksmith, San Francisco, CA

**2017** Laurel Books, Oakland, CA  
Prattsville Arts Center, Prattsville, NY

**FELLOWSHIPS AND GRANTS**

**2021** PUSH Dance Award

**2020** Hardly Strictly Music Relief Fund, administered by Alliance for California Traditional Arts

**2018** Alternative Exposure

**2017** Akonadi Foundation

**2017** Queer Cultural Center

**2018** Social Permaculture Fellowship with Starhawk

**RESIDENCIES**

**2020-2021** Queer Rebels Intergenerational Curatorial Residency, San Francisco, CA

**2018-2019** AIRSPACE, SAFEhouse Arts, San Francisco, CA

**2017** Prattsville Arts Center, Prattsville, NY

**2015** Juno Residency at Omega Institute, Rhinebeck, NY

**2014-2015** Residential Internship at Kripalu School of Yoga, Stockbridge, MA

**AUDIO DESCRIPTION**

**2022-2023** **BACT**  
**Shotgun Players**  
**CounterPulse**  
**TheatreWorks**

**2021** **SKETCH FILMS : Red Thread**

**2020** **The Light** at Shotgun Players, Berkeley, CA  
**Berkeley Dance Project** at UC Berkeley, Zellerbach Hall, Berkeley, CA  
**SKETCH FILMS : Red Thread**

**2019** **(IN)VISIBLE** by Jess Curtis at CounterPulse, San Francisco, CA  
**Mouth/Full** by Gabriel Christian + Chibueze Crouch at CounterPulse, San Francisco, CA  
**Queener** by Mica Sigourney (Vivvyanne Forevermore) + Monique Jenkinson (Fauxnique)  
**Ripped** at Z Below, San Francisco, CA  
**Billy Elliot** at Woodminster Amphitheater, Oakland, CA  
**Into the Woods** at Woodminster Amphitheater, Oakland, CA