

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

2020-Present	Cultural Competency Consultant Yoga Garden SF, San Francisco, CA
2014-2016	Program Coordinator for 200hr Teacher Training Kripalu School Of Yoga and Health, Stockbridge, MA
2013-2014	Holistic Wellness Coach Empowerment Exchange, Troy, NY

TEACHING & FACILITATION EXPERIENCE

2022	200 & 300hr Teacher Trainer at Yoga Garden, San Francisco, CA Intersectional Yoga Teaching at Yoga Garden, San Francisco, CA
2021	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
2020	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
2019	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
2018	Social Permaculture Mini-Intensive, Oakland, CA Social Permaculture Training, Cazadero, CA Day Long Social Permaculture at Permaculture Convergence, Hopland, CA
2017	Liberated Honey Workshop for QTBIPOC, Oakland, CA Queer Body Love Retreat, Camp Double Bear, CA
2017-2019	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
The Stud as a part of HUSH HUSH, San Francisco, CA

2017 **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

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