



HEALTH & WELLNESS



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**August 3rd 2017: Part III: Learning How to Dwell
in a Place: A Practice in Decolonization with Dr.
Leny Strobel and Dr. Bayo Akomolafe**

How might we learn how to Dwell in a Place, learn how to be part of the landscape, or learn how to see and feel in a whole new way? By learning how to dance, chant, and do ritual? To greet the ancient redwoods in our backyards every morning and hug the trees in the garden? To put our hands in the soil and try to learn the names of all the non-human beings we live with? All these take time. Slowness is key. Practicing presence is difficult for us in this modern culture. We are latecomers to this way of being and while we may still feel resistance sometimes, this may be the essential practice to

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Featured Guests



Dr. Leny Strobel

Dr. Leny Mendoza Strobel is Professor of American Multicultural Studies at Sonoma State University.

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Dr. Bayo Akomolafe

Author, speaker, and 'walkout' academic, Bayo Akomolafe (PhD) is globally recognized for his poetic, unconventional, counterintuitive take on global crisis, civic action & social change.

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