

# ROOTS TRIBE YOGA

KERRY MCPHEE, SA32

One day, as I am sitting in the back of my class grading papers, I hear loud short breaths being taken to the right of me. I turn to look and I see it is Tumelo, my grade 7 learner who struggles with English. Because both of us have little knowledge of each other's native tongue we communicate mainly via body language. So, I wait for Tumelo's eyes to open before approaching him. They open, I ask, "Tumelo, is everything okay? You look stressed." He answers, "I breathing," and then motions his hands in a polite manner for me to give him some space. I return back to my seat, peering over whenever I could with what I assume were sappy,



proud mother eyes. Tumelo had been a regular attendee of the Roots Tribe Yoga (RTY) curriculum I had been teaching at my school. The week it happened was the week I had taught the "Reaction vs. Response" class. During that class I stressed the importance of taking a few deep breaths before reacting. So that, I believe, is the power of Roots Tribe Yoga.

Over the June 10th weekend, eleven PCVs from cohorts 31 & 32 participated in a Roots Tribe Yoga training. What is Roots Tribe Yoga you ask? RTY is an American based NGO whose mission is to

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agents of change through yoga, mindfulness, and play.” RTY is different from yoga in that the RTY curriculum/classes include discussion, fun games, and music. All of which are focused around enhancing emotional and mental wellness and awareness. At RTY we believe that one of the best forms of development work is one that empowers the local people to decide what changes they would like to see for themselves and to further empower them to create those changes.



“ ROOTS TRIBE YOGA GAVE ME A DIFFERENT PERSPECTIVE ON HOW TO TACKLE ISSUES IN DEVELOPMENT THROUGH YOGA. ”  
-Nikki Patel, SA32

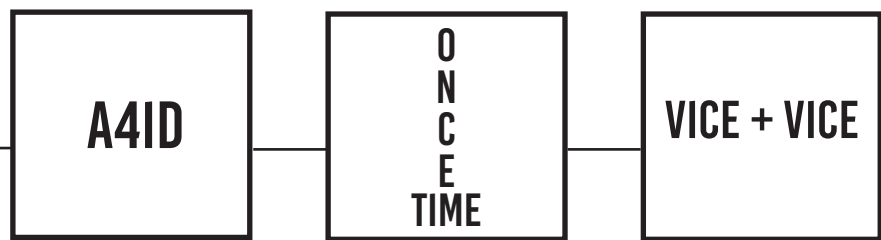
origins, curriculum, and implementation, the RTY training provided an opportunity for volunteers to unite together in practicing mindfulness through fun games/activities, meditation, and self-checks. By Sunday, the eleven PCV’s successfully completed a 15-hour training and RTY welcomed them as new ‘RTY Ambassadors

PCV’s were fortunate to be trained by the founder of RTY, Philipa van Kerckerinck. Philipa sharing her experiences put a more personal touch on the message and meaning behind RTY and PCV’s benefited from it. In addition to learning about

*If interested in learning more about RTY, please visit their website at <http://rootstribeyoga.org/> Facebook page: Roots Tribe Yoga or contact PCV Kerry McPhee via WhatsApp at +1 (716)289-1790 or email at [kerrymcp@buffalo.edu](mailto:kerrymcp@buffalo.edu).*

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**CAN YOU CRACK THESE BRAIN TEASERS?**



ANSWERS: 1. Foreign aid; 2. Once upon a time; 3. Advice.

## YOU KNOW YOU'RE IN PEACE CORPS SOUTH AFRICA WHEN...

- ★ You have a cup full of 10¢ coins you don't know how to spend.
- ★ You have developed thighs of steel from latrine usage.
- ★ You count sleeping until 7:00 a.m. as “sleeping in.”