

New Partnership/service

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ASCENDtials Partners With Onyeka Tefari and Nikki Bose and on the Divine Femininity Yoga Retreat

ASCENDtials today announced a new partnership with Onyeka Tefari, at Onyeka Tefari.com and Nikki Bose, a yoga instructor at reUnify Yoga for a new partnership and service launch. This partnership will be for ASCENDtials Divine Femininity Yoga Retreat, August 20, 2021, and is intended to give participants the time to learn about African Kemeti Yoka, a spiritual way of life known in Ancient Africa, before being adapted in Asia and made widely known as yoga, and the well-known Hatha and Vinyasa techniques, much loved around the world. It will be an opportunity to experience African Yoka, a time to relax, practice self-care, and learn the importance of Knowing Thyself.

“Knowledge is like a garden. If it is not cultivated, it cannot be harvested” More important than ever, we lose connection with the truth. If it is not truly known, we risk passing down information that is unwise and unnatural. -African proverb

We know well that an invention or creation is just like an offspring; it comes from its creator and therefore has its creator’s Nature and likeness. A “brainchild” works the same in that certain traits and characteristics of the creator are passed on to the creation. “Therefore, a person, place or thing has the nature and likeness of whoever created it, regardless of whether that information is actually detrimental to the survival and well-being of those receiving it”.-African liberator

The benefits of this new partnership include:

- New partnership with two new instructors for our yoga retreat.
- Brings widespread attention and awareness to Knowing Thyself and its benefits in the fight for equality.
- Creates a safe space for feminine identifying people
- Helps to destigmatize the pertinence of Self-care
- Engages more people in the social transformative/justice movement.
- Builds critical consciousness around Knowledge of Self.

- Promotes understanding of KOS-Melanin-ology™ and its purpose as a humanizing experience for all.

About ASCENDtials:

a 501(c)(3) nonprofit organization specializing in Critical Consciousness, by providing thoughtful holistic educative tools, resources, and training programs that prepare, are preventative, instill, and reinforce a deeper appreciation for self and community, a oneness that builds capacity, and environmental care.

About Onyeka Tefari, of Onyekatefari.com

Onyeka is a holistic healer who uses massage therapy, yoga therapy, and aromatherapy as a means to help clients heal all aspects of their life. Taking the approach that all aspects of our lives are connected, the journey to health and healing is an ongoing process. Her approach incorporates aspects of both eastern and western massage therapy to heal and strengthen the body. She uses Yoga to further body strength, as well as to help clients connect to their mind and spirit.

She started my journey into holistic health years ago when she started dabbling in making various hair and skin care items for myself and my family. As she investigated natural and holistic methods of healing, she came upon Yoga. Through the the process of becoming a Registered Yoga Teacher (RYT200), she earned about incorporating massage therapy into her classes. She continued my development to become certified as a massage therapist (CMT) with a focus on Traditional Chinese Medicine and Asian Body Work. The journey continuously reminds her to remain grateful for the many gifts bestowed upon one.

About Nikki Rae Bose, the creative mind behind reUnify Yoga:

A Chicago native that fell in love with the power of the Ocean 10 years ago and has been surfer-chic-living in San Diego ever since. Formerly, a molecular biologist, she's now a trained Yoga instructor and has been teaching yoga since 2012.

She took an open-hearted leap and pursued yoga teaching full time after a 6 month journey to Asia that forever changed the way she perceived the world. Now, she runs a small yoga studio in Ocean Beach.