



4 Corners Yoga Wellness is a testament to the connection between healing, wellness, and community. We started as a brick mortar studio in Dorchester, MA., in 2016. The aim of which was not just to bring yoga, mindfulness, meditation, and massage therapy to the community but also train folks in the community to become teachers themselves. It was a staple in a community; a thriving wellness center: yoga classes, teacher trainings and massage therapy, in the Dorchester area which was then considered a wellness-desert. When COVID-19 hit in 2020, the pandemic affected the business and flow of income. In April of 2023 we transitioned to a virtual only space separating the yoga from the massage. The massage entity is now owned and managed elsewhere.

Currently, 4 Corners Yoga Wellness is a virtual, Black-owned, yoga studio in Dorchester MA., led by Lisa Leung-Tat, a health and wellness facilitator and leader. Lisa also was certified as a yoga instructor through this very studio in 2018. Our diverse group of trauma informed yoga instructors, facilitators and wellness consultants are committed to the mission of 4 Corners Yoga Wellness and available for private group, and corporate wellness events. We aim to hold a safe, culturally affirming, affordable and accessible space where all bodies can feel welcomed and know that they belong.

At the heart of 4 Corners Yoga Wellness is a mission to promote holistic healing and well-being through a variety of modalities. The center's pedagogical



framework is built upon the belief that true healing occurs when the mind, body, and spirit are in balance. With this in mind, we offer a range of healing modalities that address all aspects of an individual's being.

One of the key modalities at 4 Corners Yoga Wellness is yoga. This ancient practice has been proven to have numerous physical, mental, and emotional benefits. Through various yoga classes, students can strengthen their bodies, increase flexibility and balance, and calm their minds through a synergistic flow of movement and breath. The center also offers specialized yoga classes, such as restorative yoga and yin yoga, that focus on deep relaxation and inner body connection.

Another important modality at 4 Corners Yoga Wellness is meditation. This practice allows individuals to quiet the mind and connect with their inner selves. With regular meditation, individuals can reduce stress, anxiety, and depression, and improve their overall well-being. We offer guided meditation classes as well as individual meditation sessions to cater to the needs of each individual.

4 Corners Yoga Wellness started Candid Conversations social justice book group in 2020, in response to the George Floyd murder. We believe that addressing how trauma resides in the body if not metabolized is yet another we can approach



wellness. One of our readings, *My Grandmother's Hands*, by Resmaa Menakem, has greatly informed our personal healing journey, yoga, and meditation practice. It enhanced our approach to teaching and confirmed once again why healing is complex, multifaceted and should be accessible to everyone. Since racism, and all other ways of marginalizing, disparaging, discriminating and narrow mindedness can cause harm to the body, it is critical that we understand the many ways of resisting the system while emphasizing health and well-being.

Even though we're mainly virtual, we've partnered with business in the community with a sort of grassroots effort in bartering for unused spaces. Currently, we've secured Codman Square Great Hall as a place we can use throughout the year to bring in person classes to the community. Having this ongoing connection with the community cultivates a pipeline where we can be ever-present, plant seeds of hope throughout and continue to network with those who need it most.

Overall, the healing modalities at 4 Corners Yoga Wellness work together to create a well-rounded approach to healing and well-being. By addressing the mind, body, and spirit, individuals are able to find balance, reduce stress, and promote overall health and happiness. The center's mission and pedagogical framework focus on empowering individuals to take control of their own healing journey and find harmony within themselves.