



*Light of Loving Kindness & Utopia Connect Present*  
**One Breath Chicago**

**WOMEN SPEAK: Your Breath & Anger Management**

*How Diaphragmatic Breathing Supports Emotional Balance and Control*

Watch live on January 31, 2021 @ 3PM at [www.OneBreathChicago.org](http://www.OneBreathChicago.org) or on



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**FACILITATOR: Cassandra Powell** (“any pronoun offered in love”), Founder and Executive Director of [Light of Loving Kindness](#), is a Professor of Linguistics and Communications, a Yoga teacher specializing in Trauma-sensitive Yoga, Yoga for Stress and Anxiety, and a Yoga for Social Justice Leadership Facilitator. As a PTSD survivor, Cassandra provides access to breathwork and other tools that can help us to be in great contact with ourselves and our world through self-love and self-acceptance.



**PANELIST. Lisa D. Daniels (she/her)** is an advocate, leader, and speaker in the field of restorative justice who helps individuals and families find healing in the aftermath of violence and crime. She is the founder of the [Darren B. Easterling Center for Restorative Practices](#) (The Center), a nonprofit organization that offers behavior health and trauma-recovery services to Chicago's most underserved communities. After the untimely death of her son Darren in 2012 due to street violence, Lisa decided to tell his story in a way that reshaped the narrative about who he was and the legacy he left behind. Sharing Darren's story ignited her commitment to be a voice for other young men like him and their families.



**PANELIST: Kimberly J. Davis** is a spiritual teacher and activist, life coach, and energy healing practitioner. She is the founder and owner of [Journey to Wholeness Center](#), a holistic healing and wellness center located in the south suburbs of Chicago. Currently, Kimberly is pursuing a PhD in Philosophy and Religion with a concentration in Women's Spirituality at the California Institute of Integral Studies. It is Kimberly's mission to be a conduit of love, truth, and healing, and her desire to empower women to heal embodied trauma suffered from internalized oppression rooted in racist, patriarchal, belief systems.



**PANELIST: Aneela Dean (she/her)** has been working with the breath as a tool to access the somatic nervous system, teaching clients how to create a true self-care strategy they can use from age 2 to 200. Her approach is based on the knowledge that our breath is our greatest asset/tool for working through many levels of stress, anxiety, fear and trauma, and that our breath also connects us to our intuition.



**PANELIST: GuruNischan (she/her)** is sure to capture your breath and attention, with over 20 years experience teaching and training on a global stage. She delivers science-backed strategies for rewiring the brain/body communication network and improving your everyday operating system. Raised outside of the medical and food models of "mainstream" America, GuruNischan has a unique perspective on health and human potential. She offers a direct access point to plug into the simple science of being a well-made human.



**PANELIST: Muriel Baptiste (she/her)**, Executive Director of [Utopia Connection Foundation](#), brings 18+ years of dedicated work to communities across Chicago with a strong aptitude for building partnerships and leveraging resources. A great team player, she is known for her leadership and coaching skills; and for her project direction, design, and management. She has a keen eye for finding innovative measures and believes that the key to getting things accomplished is the ability to pool resources and she embraces collaborative endeavors by seeking out individuals, organizations, corporations and governmental agencies that are effectively getting the job done to ensure communities are well serviced and supported. One Breath Chicago is one of those projects that she believes is better embarked upon when we dedicate collective action towards its success.

