

SHARE:



Join Our Email List



100 YEARS OF WOMEN AT VIRGINIA TECH

This month, our advocacy coordinator, Muriel Vinson, will offer two Kemetic Movement Meditation sessions at the Women's Center. Muriel recently shared details about this practice and who can benefit from participation in these workshops.

Kemetic Movement, an ancient practice of African lineage, is meditative, slow, and intentional and focused on the pace of one's breath. The practice is restful and restorative, releasing stress and tension. Participants can choose how they move through the session(s), with choice and individualized self-care as core principles.

Muriel is a certified practitioner, having studied with master instructor Yirser Ra Hotep, the senior-most instructor of Kemetic Yoga in the U.S.

Are you wondering if Kemetic Movement is a good fit for you? Do you find that you are struggling to slow down? Do you ever catch yourself holding your breath? Do you feel tension or pain? Have you ever wanted to try yoga, meditation or movement but had concerns about accessibility? If you answered yes to any of these questions, consider joining Muriel for Kemetic Meditation Movement at the Women's Center. Show up as you are. Your whole self is worthy and welcome.

The first session is coming up on February 8th, 2022. For more information and to

register, visit [GobblerConnect](#). You may also contact [Muriel](#) with any questions.



TRAUMA INFORMED KEMETIC MOVEMENT MEDITATION

RESTORATIVE EMBODIMENT TO
SOUNDS OF THE AFRICAN DIASPORA

FEB. 8TH & 16TH	5:30 PM
WOMEN'S CENTER	LOWER LEVEL

Yoga Mats, Blocks & Blankets Provided

If you are an individual with a disability and desire an accommodation, please contact Muriel Vinson at muriel2@vt.edu or 540-231-7806 during regular business hours at least 7 business days prior to the event.

WOMEN'S CENTER
AT VIRGINIA TECH.

Deadline for Call for WoMo 2022 Program Submissions

We invite and encourage departments, colleges, units, organizations, and all other groups to submit a program for inclusion in

WOMEN'S MONTH



100 YEARS OF
WOMEN
AT VIRGINIA TECH | 2022

the Women's Month calendar.

The **Women's Month 2022: The First 100 Years of Women at Virginia Tech** calendar will be distributed widely throughout the university, surrounding communities, and online digitally. The deadline for program submissions is Friday, February 4th, 2022 by 11:59 p.m. EST. Please submit your program proposal by clicking [here](#). For more information, visit the Women's Month [webpage](#).

Inviting Student Feedback and Ideas for Women's Center Review

As the Women's Center enters the next steps in our external racial equity review and strategic planning process, we want to hear from our VT students. What are your thoughts and reactions to what we've accomplished so far? How can we best serve *all* students? What is on your mind that can help us do better and be better? If you would like to participate in a feedback session with our external reviewer, Chimi Boyd-Keyes, please complete this very [brief survey](#) so we can contact you with confirmed dates, times and locations of these spring sessions. Refreshments and WC giveaways will be available at every session. For more information about Chimi and our external review to date, please visit [here](#).



Upcoming Events and Opportunities

Virginia Tech's Black History Month *Celebration of the African Diaspora*

is February 1-28, 2022.

The full calendar of programs and events can be found [here](#).



EBONY WOMEN *of* EXCELLENCE

Need a safe community that allows for authenticity, empathy and relevant problem solving, specific to your experience?

This Group Is For You!



SPRING 22 DATES FEBRUARY 17TH, MARCH 17TH, APRIL 21ST
TIME 6PM - 7:15PM
LOCATION BLACK CULTURAL CENTER, SQUIRES

For more information and to make an accomodation request,
visit womenscenter.vt.edu/ewoe

WOMEN'S CENTER
AT VIRGINIA TECH.



SOAR
STUDENT OPPORTUNITIES &
ACHIEVEMENT RESOURCES PROGRAM
an initiative of the
 VIRGINIA
TECH



2022 Virginia Network Annual State Conference

LEVELING UP. REINFORCING YOUR PERSONAL AND PROFESSIONAL TOOLKIT

SAVE THE DATE

June 10, 2022
Hotel Roanoke
Roanoke, VA

CALL FOR PROPOSALS

[Submit session
proposal here](#)

Submissions are
due February
18, 2022

CONFERENCE WEBSITE

[For more info](#)

Higher Education Professionals! Yes, you who are executives, administrators, fiscal managers, faculty, academic, auxiliary, student services, and athletic professionals. The Virginia Network conference committee invites you to submit workshop proposals for the 2022 Virginia Network for Women in Higher Education Annual State Conference to be held on Friday, June 10, 2022, at The Hotel Roanoke & Conference Center.

The 2022 VA Network Conference will provide an exciting opportunity to discuss what matters most to leaders and aspiring leaders in higher education. Each year the annual conference offers attendees who serve in our varied and diverse institutions and agencies of higher education in the Commonwealth to gather, network, collaborate, learn from each other and share information about the national, state, and regional issues affecting higher education. We expect to offer sessions designed to invigorate, replenish and renew our approaches to work-life integration by providing researched or practiced-based knowledge on general topics such as self-care, networking, mentorship and diversity, equity, and inclusion.

As reflected in our theme, *Leveling Up. Reinforcing your Personal and Professional Toolkit*, this conference is designed to empower participants with successful strategies to address important challenges as indicated in survey results from professionals across the Commonwealth. The disruption in what we do and how we do it requires us to think and respond differently. The call for proposals focuses on successful strategies used (not theory) in 20-minute concurrent sessions that will provide participants with concrete steps to improve their holistic selves. If you have found something that has worked for you and want to share it with others, we invite you to submit a proposal.

For More Info:

Questions about Session Proposals?

Terricita Sass tsass@reynolds.edu

Leanna Blevins leannab@vt.edu

[The Virginia Network Website](#) to learn more about the Virginia Network

[The Virginia Network Conference Website](#)





**HUMANITIES WEEK
EVENT**

DR. TRUDIER HARRIS

University Distinguished Research Professor, University of Alabama

**Ever-Elusive Literacy:
It Hugs Us, Then Runs, Hides, and
Jumps Out to Shock Us**



**Monday | 7 PM
February 7, 2022
McBryde 129**

Visit the Humanities Week website to register:

<https://tinyurl.com/3kr449j2>

Sponsored by

The Literature and Language Program, the Master of Arts in English Program, and
the College of Liberal Arts and Human Sciences at Virginia Tech (CLAHS)



4TH FLOOR, NEWMAN LIBRARY. OPENING EVENT, FEB. 10.



WOMEN & GENDER IN INTERNATIONAL DEVELOPMENT VIRTUAL DISCUSSION SERIES

SPRING 2022

February 10, 2022

Women, Smartphones, and Leafy Greens: How ICTs Support Women Producers in Western Kenya to Secure Their Position in Commercializing Value Chains for Indigenous Vegetables

Daniel Sumner
Associate Director of Gender and Youth,
ACDI/VOCA

Dr. Jessica Agnew
Associate Director,
College of Agriculture & Life Sciences Global
Programs, Virginia Tech

March 24, 2022

Climate Justice, Gender, and Challenges in A Fractured World

Dr. Farhana Sultana
Associate Professor,
Department of Geography and the Environment,
Maxwell School of Citizenship and Public Affairs, Syracuse University

April 14, 2022

Experiences in Merging Gender Transformative Approaches with Development Efforts in Aquatic Food Systems in Bangladesh

Afrina Choudhury
Research Fellow and Senior Gender Specialist,
WorldFish, Bangladesh



OUTREACH & INTERNATIONAL AFFAIRS
CENTER FOR INTERNATIONAL RESEARCH,
EDUCATION, AND DEVELOPMENT
VIRGINIA TECH



@WGD_VT
womengenderdev@gmail.com
<https://bit.ly/2WDWMt2>



INTERNATIONAL
WOMEN'S DAY
at VIRGINIA TECH.

Our Bodies, Ourselves

Tuesday, March 1st 11:30 am – 1:00 pm
Owens Ballroom

The Cranwell International Center invites VT students, faculty and staff to a celebration of International Women's Day with a special lunch panel presentation with graduate students from Ghana, Iran, Liberia, Russia, Tanzania, and the Cherokee Nation.

Join us for this dynamic intercultural conversation about women's bodies from the students' personal perspectives on women's sexuality, sexual health, menstruation, patriarchy & motherhood, and body image.



Box lunches will be provided. RSVP is required by February 15th:

<https://forms.office.com/r/NxysXWa0id>

Questions? pamelas@vt.edu

Stay connected!



[Subscribe Here](#)