

Education:

MONTHLY NEWS

WEEK 1: SAFETY/ COMMUNITY BUILDING

WEEK2: POC MUSEUM, SELF-LUV, ECO CONNECTIONS, HEALTHY BODY IDENTITIES, ART & SOUL



Cultivating Intergenerational Health and Resilience

Youth Camp Themes

SELF-Care: Youth will gain a deeper appreciation of the physical and spiritual body through various self-care actions/practices, such as setting boundaries, breathing/meditation techniques, exercise/ movement, and building on strengthen, trust intuition.

Ecological Connections/ Eco design: Environmental care and preservation through the study of native flora and fauna, history of local watersheds, and soil remediation.

Healthy Identity: standards of beauty, setting boundaries and finding comfort in our bodies.



Photograph taken at Vista Hermosa National Park

The first week of LA Rooted has already passed and the second week has begun. We biked our way to the historical Chavez Ravine Arboretum this Tuesday and it was exhilarating. We ate snacks and started talking about why a person's gender is beautiful and how it makes our world better.

Everyone had their different views on it. I personally thought that a person's gender is beautiful because they are visually, mentally, and physically expressing who they are. I think it makes the world better because then everyone will eventually learn that there is nothing wrong with expressing yourself in public.

Our fluidity lesson was next and we talked about what fluids come out of our body and why it's important. Followed by that was our mental health and meditation. Everyone got relaxed and it was like living in a movie scene. Just like being in LA Rooted.

~Bridget Rojas L.A. Rooted 3rd Year Alumni



POC Museum: People of Color Museum is about sharing oral histories and knowledge.

Maiz-res: Warrior Nutritional Program aims to educate the youth regarding the importance of how they nourish their bodies.

Zero- Waste: We aim toward creating as little waste as possible by eliminating single use plastics and napkins during our meals.

Outdoor Connection: Teaching youth how to navigate not only the rules of the road but also valuing the importance mother nature has in keeping our earth and bodies healthy.

Valuing Our Hoods: Through this exploration we teach the youth how important it is to take care of our neighborhoods by creating awareness of their surroundings and themselves.



Photograph above taken at Elysian Park

LA Rooted's Motivation and Purpose is Expressed Through

love, liberation, freedom, brave space, growth, empower, ancestry, hex story, seeds, resistance, evolution, ancestral recognition, bike touring, seeds



Photograph taken at Elysian Park

Today we did intense bike riding. The ride was full of hills and uphill. The ride today was also longer than yesterday's ride. Our destination was at the Los Angeles River, where we met up with Emily. There, we went to explore the river, and travel inside the little "jungle." After, we ate some delicious lunch, that our awesome Wood Gatherers go out of their way to bring to us.

Then we did some yoga! This time spent relaxed our amazing bodies. Some of us even fell asleep...we then biked back, and went on a journey to see more of our city. The journey back reminded all of us of biker safety. And to keep the children safe...

When bicycling on the road, it's important to have self awareness. All in all, another great day today, and can't wait what's in store for us tomorrow!

~ Jose Chavez

Fundraiser News



A special thanks goes out to Elena Pop for hosting this beautiful dinner at her lovely home. We also want to thank the community and performers that came out to show LA Rooted love at this years [Agua Dulce Feast](#) fundraiser. We raised \$1277, which will all be going toward sponsoring our next Bicycle Tour. Many blessings go out to this special community of supporters.

Above is a photograph of our Water Altar

Rhythmic Resistance

Help support Youth Stipends through our dance series their are still two Sundays left.

July 26th
Merengue/ Cumbia
by Phily

August 9th
Modern/ Latin Dance
by Jose

Buy your tickets now!

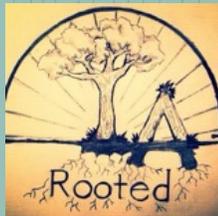


Photograph with Vai's Hip-Hop/House Dance Class



WATER AS OUR TEACHER

Cultivating Intergenerational Health and Resilience



Fire House Station 4-9pm

**534 East Edgeware Street
Los Angeles, CA 90026**

Look through the eyes of Los Angeles Rooted Youth at this years Art Exhibition. There will be a taco bar so please bring your own plates and utensils otherwise pay \$1 fee. Events for the evening include art auction and installations, music and a photo gallery.

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