

Bimaaji'idiwin FDLTCC Extension Program Producer Training Program

Mindfulness into Movement

Free class in the garden
Open to everyone
Food & yoga mats provided



Thursday, September 1
5:00pm - 6:00pm

Gitigaaning Farm
960 Cary Rd, Cloquet, MN

Questions: erika.resendizalonso@fdltcc.edu

Victoria is an enrolled member of the Sisseton-Wahpeton Oyate, Santee affiliated, and was born and raised on her ancestral homelands in Mnisota (Minneapolis, MN). She is the owner of Indigenous Lotus which she launched in 2017 with the intention to support indigenous relatives in healing through movement practices. As a dedicated student and practitioner, Victoria is a 500-hour certified Yoga Instructor, Yoga of 12-Step Recovery Leader, Wellness Life Coach, Buti Yoga and Primal Flow certified Instructor, an artist, business management graduate and dedicated community member. And above all, a mother. Her work has led her to teach all over the nation and other countries. Currently, Victoria is pursuing a second 300-hour yoga certification and preparing her journey as an ayurvedic practitioner next fall.



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