

# Women's VU

Margaret  
Cunningim  
Women's Center

V A N D E R B I L T U N I V E R S I T Y

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MARCH 2001

## CELEBRATE WOMEN'S HISTORY MONTH

### *Monthly feature to honor the lives of extraordinary women*

*In recognition of Women's History Month, the Margaret Cuningim Women's Center is introducing a new monthly feature entitled "Missing in History" to Women's VU. We borrowed this idea from Helen Zia who spoke on campus last semester in celebration of Asian American Awareness Month and remarked that people of color and women are "missing in history." Most of us progress through grade school and high school learning a great deal about the history of Caucasian male America. Recently, a few women and people of color have been included in history lessons, but there are still too many stories missing. We are being cheated when we accept these half-truths about the history of the United States that does not incorporate the stories and contributions of women and people of color. In an attempt to remedy this oversight and constructively guide our frustration and anger about women "missing in history" we will introduce you each month to a woman who demonstrates that gender, race, religion, and/or sexual orientation are all factors that make our country richer.*

*The Women's Center invites you to join us in celebrating this richness. Our first selection is political and civil rights leader Dolores Huerta.*

Over 40 years of Dolores Huerta's life have been spent helping farm laborers organize and fight for reform. A non-traditional, complicated, independent, and passionately driven woman, Huerta has been devoted to the union, yet often criticized for her independence, unconventional family life, combative personality, and marked assertiveness. Huerta has a very strong sense of self which she credits to her mother's example of being an independent and ambitious Chicano woman.

She sees immense value in being oneself.

Huerta was born April 10, 1930 in New Mexico. As a child she was involved in Girl Scouts, the church choir, and various other organizations. She grew up in a very culturally diverse neighborhood and didn't experience discrimination until she was a teenager. She graduated from Stockton College in California.

In the 1950s she became involved in the Community Service Organization (CSO) and helped organize Hispanic Americans, register voters, and lobby the state legislature. In 1962 she joined Cesar Chavez in forming the National Farm Workers Association (NFWA), which was later named the United Farm Workers Union (UFW). By 1965 Huerta and Chavez had recruited farm workers and their families throughout the San Joaquin Valley. On September 8th of that year, Filipino members of the Agricultural Workers Organizing Committee (AWOC) demanded higher wages and struck Delano-area grape growers. Although Huerta and Chavez had planned to organize farm workers for several more years before confronting the large corporate grape industry, they could not ignore their Filipino brothers' request. On September 16, 1965 the NFWA voted to join in the strike. Over 5,000 grape workers walked off their jobs in what is now known as the famous "Delano Grape Strike." The two



Dolores Huerta pictured at the end of the 1994 march by the United Farm Workers from Delano to Sacramento, California. (photo by David Bacon)

organizations merged in 1966 to form the United Farm Workers Organizing Committee (UFWOC). The strike would last five years.

In 1966, Huerta negotiated the first UFWOC contract with Schenley Wine Company. This was the first time in the history of the United States that a negotiating committee comprised of farm workers negotiated a collective bargaining agreement with an agricultural corporation. The grape strike continued and Huerta, as the main UFWOC nego-

*continued on page 2*

## Monthly feature... continued from page 1

tiator, not only successfully negotiated more contracts for farm workers, but also set up the hiring halls, the farm worker ranch committees, administered contracts and conducted over one hundred grievance procedures on the workers' behalf. As an advocate for farm workers' rights Huerta has been arrested 22 times for non-violent peaceful union activities.

For more than 30 years Huerta remained Chavez' most loyal and trusted advisor. Together they founded the Robert F. Kennedy Medical Plan, the Juan de la Cruz Farm Worker Pension Fund, and the Farm Workers' Credit Union, the first medical pension plan and credit union for farm workers. They also formed the National Farm Workers Service Center, Inc, a community-based affordable housing and Spanish language radio communications organization with five Spanish radio stations. At 70, Huerta still works long hours for the union she co-founded and nurtured. Many days find her in cities across North America promoting "La Causa" (the farm workers cause) and women's rights.

## What I Did for Love: A Musical History of Women's Independence



In celebration of National Women's History Month, on Thursday, March 22 at 7:00 pm in the Sarratt Cinema, Peabody College's own Dorothy Marcic, Ph.D. will lead us on a musical history of women during the 20th century. "For more that the first half of the last century, the voice of women in the Top 40 popular music has been one of neediness and dependency. Please love me: I'll do anything for you; just be my baby, even if you're no good and treat me bad; hey, I'll even do the cooking and pay the rent – just LOVE me and I'll stand by my man. But if you leave me, well, it will be the end of the world."

By the end of the century, things were quite different. Popular music had come far enough with songs of women looking for the hero within themselves, wanting a man to stand beside them – not in front, being urged to get on their feet and make it happen, ready to stand on their own with or without a man. As women entered the workforce in larger numbers and started to have greater power, these changes were reflected in popular songs.

Dr. Dorothy Marcic is a faculty member in Human Resource Development at Vanderbilt University and is a former Fulbright Scholar at the University of Economics in Prague. Traveling around the U.S. and the world, Marcic is recognized for her energetic, innovative and transformative presentations. Her work in media includes hosting two weekly radio programs, two weekly television shows, and working at *Mister Rogers' Neighborhood*. She is the author of 12 books including *Managing with the Wisdom of Love: Uncovering Virtue in People and Organizations* and the forthcoming *A Woman's Voice: A Musical History of Women and Work*.

This event is cosponsored by Residential and Judicial Affairs, Students for Women's Concerns, the University Lectures Committee, the Women's Studies Program and the Women's Studies Club as part of their Women's Week.

### Making Herstory – Claiming the Power of Calling

The most powerful women on the planet are the women who dare to pursue their calling – to do what they came to the planet to do. Women who have the courage to honor the divine whisper of the Creator are the women who make herstory. Have you ever questioned whether your career is your calling? Are you doing what you came to the planet to do? Many of us pursue our careers without considering if it is really what we are called to do. Pursuing your career does not guarantee that you will find your calling. However, if you discover your calling, you will find your career. Paula McGee, the president of Paula McGee Ministries, Inc., facilitates the workshop. Paula left a thriving career in professional athletics and turned down offers to play in the WNBA to pursue her life's calling. She now inspires others to discover their calling, pursue their path to self-fulfillment, and to commit to their journey. The workshop provides strategies for each participant to do some self-assessment and reflection about their calling. It also helps each woman to give herself permission to listen to the inner voice and to honor her passion, which will lead her to her calling. This workshop is designed to help women claim all of their power and to accept their greatness.

**This free workshop will take place Wednesday, March 28th at 5 pm in Sarratt 189. Students, staff and faculty are welcome. The Women's Center is cosponsoring this event with the Career Center and the Opportunity Development Center.**



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[www.vanderbilt.edu/WomensCenter/womenctr.htm](http://www.vanderbilt.edu/WomensCenter/womenctr.htm)

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## Ideas for ACTIVISM

# Donate items to Dress for Success™ Nashville

Each month Women's VU will suggest ways in which you might become an active force for change in your community, both on the local and the national level. We begin our series with Dress for Success™ Nashville.

Dress for Success™ was founded when Nancy Lublin, a third-year law student at New York University, inherited \$5,000 from her great-grandfather, "Poppy Max." An immigrant from Eastern Europe, "Poppy Max" spent his first two weeks in the United States sleeping under the Brooklyn Bridge. He built up a business in the garment industry by peddling clothes out of a cart during the Depression. To help those in need, he developed a layaway payment system. Inspired by his compassion, Ms. Lublin founded Dress for Success.™

Each Dress for Success™ client receives one suit when she has an interview and a second suit when she gets the job. Women are referred to Dress for Success™ by a continually expanding number of diverse, nonprofit "member organizations" that include homeless shelters, domestic violence shelters and job-training programs.

Since being founded in 1996, Dress for Success™ has grown from one tiny program in New York City to programs in over 60 cities worldwide. Says Lublin, "By giving women the chance to present themselves professionally, I believe we are empowering them to take control of their destinies. These suits symbolize our faith in every woman's ability to succeed."

### How to Donate to Dress for Success™ Nashville:

Donations are accepted by appointment only. They accept only clean business suits (skirt suits and pantsuits) on hangers – no bags! They also accept scarves, handbags and shoes (nothing scruffy, please!). If you wouldn't wear it to go after the job you want, they cannot use it either! If your suit has been gathering dust in your closet or in the attic for 10 years, it won't do for Dress for Success.™

If you, your company, your group or organization are considering having a clothing drive, please call Dress for Success™ Nashville first to coordinate your project. It is of the utmost importance that clothing drives coincide with their inventory needs as they have limited storage space. If you are an organization which could benefit from Dress for Success™ services, please contact them immediately for more information.

Dress for Success™ Nashville (DSN) is funded by individual and group contributions. All contributions are tax-deductible. Your financial gifts help defray their operating expenses and allow them to purchase suits in sizes not collected during suit drives. DSN has never turned anyone away for lack of size availability – even if it meant a dash to a nearby consignment shop or retail store.

For more information:

Dress for Success™ Nashville  
Suzanne Lafond, Executive Director  
4004 Hillsboro Road, Suite 237-B  
Nashville, TN 37215

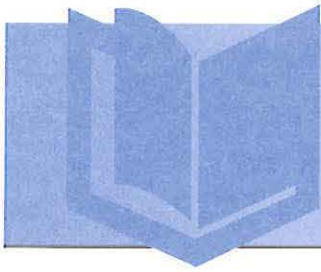
or call (615) 298-4544 (615) 386-3863 fax  
email: [nashville@dressforsuccess.org](mailto:nashville@dressforsuccess.org)

*Dress for Success™ Worldwide is a not-for-profit corporation serving low-income women. Dress for Success™ is a registered trademark owned by Dress for Success™ worldwide. Visit [www.dressforsuccess.org](http://www.dressforsuccess.org) for more information.*

Dress for Success™ Nashville is in need of the following items. Can you help?

- \* silky tee shirts/blouse fund (financial contributions)
- \* fairly large rectangular table for reception area
- \* pretty scarves
- \* plus-size suits, gently used, dry cleaned and on hangers. Sizes 20 through 32. Or consider donating the equivalent in a monetary contribution. \$50 for one suit. They have a great need for these sizes, so please help them defray the purchase cost.
- \* desktop IBM compatible computer
- \* volunteers to help with publicity and fundraising
- \* soaps, bath items, mouthwash, deodorant, pocket calculators, pocket calendars, office supplies, small picture frames, etc.
- \* dynamic speakers interested in speaking at the monthly DSN Professional Women's Group meeting





## IN THE LIBRARY

**BARBARA CLARKE**  
Women's Center librarian



# Historians document aspects of women's movement

Historians Rosalyn Baxandall and Linda Gordon participated in the early days of the women's movement in the northeast; they first met in 1971 at a demonstration and both currently teach at colleges in New York. To document many of the lesser-known details of the women's movement they have collaborated on *Dear Sisters: Dispatches from the Women's Liberation Movement* (Basic Books, 2000), a collection of material dating mainly from 1967 to 1977.

From archives and private collections they have assembled a wide variety of documents, many of which have never previously appeared in book form. Included are tracts, cartoons, slogans, art, songs, posters, leaflets, poetry and manifestos from different areas of the country; some of the material is in Spanish. The editors provide concise commentaries explaining the context of the selections, which are arranged by broad topic.

The documents include such diverse items as the text of a proposed 1973 bill that would have allowed fathers to attend the births of their children; a cartoon urging women not to wear high heels; a 1974 article on auto repair for women; a 1979 photograph by a feminist photographer of a group of heavy women dancing; and a selection of stickers designed to be pasted across offensive advertisements.

Colette Dowling feels very fortunate that she has outlived the myth of female frailty and that she can enjoy life fully. In *The Frailty Myth: Women Approach-*

*ing Physical Equality* (Random House, 2000) she analyzes the effects this myth has had on women's lives, particularly since the Victorian era.

The cult of female invalidism was at its peak in the late nineteenth century, when physical exertion was considered likely to rob women of their childbearing potential. Despite the drastic changes in the lives of girls and women since then, females are still perceived as physically weaker. Dowling illustrates the extent to which women are hampered by

the concept of femininity and by their beliefs in their own frailty and vulnerability. Many females feel that certain sports and activities are unsuitable for them, and they restrict their daily activities in order to avoid perceived danger from males.

According to the writer "the frailty myth was driven by men's repressed wish to preserve dominion. To make the myth viable, society constructed elaborate ways of keeping women cut off from their strength; of turning them into physical victims and teaching them that victimhood was all they could aspire to."

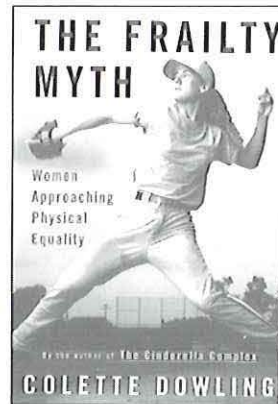
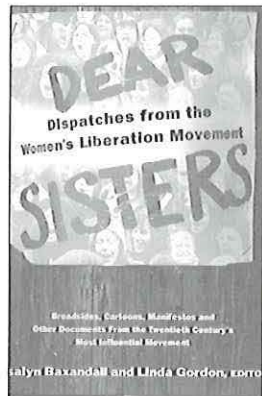
In most sports the gap between women's and men's performances continues to narrow and Dowling questions whether this gap is significant. She blames it largely on unequal access to

opportunity. Young girls are hampered not because they are innately weak but because they are encouraged from infancy to be passive and to play quietly. As small children they are less likely to participate in activities or games that strengthen them and so are handicapped when they begin to play sports. The writer suggests that fairer methods of assessing performance can be made by using biomechanics and notes that in a few endurance sports women have an advantage over men.

Dowling discusses gender roles, Title IX, the impact of sexual harassment, and the effects of the fear of rape. One of her recommendations is that women study self-defense to empower themselves physically and mentally. She concludes that when women make themselves physically equal to men they will at last make themselves free.

Among the books on eating disorders recently received by the library are a revised edition of *Fasting Girls: The History of Anorexia Nervosa* by Joan Jacobs Brumberg; the 3rd edition of *Children and Teens Afraid to Eat: Helping Youth in Today's Weight-Obsessed World* by Frances M. Berg; *Women Afraid to Eat: Breaking Free in Today's Weight-Obsessed World* by Frances M. Berg; and *Food for Thought: The*

*Sourcebook for Obesity and Eating Disorders* by Dana K. Cassell.





# MARCH

**Tuesday, March 6, 12:00 noon - 1:00 pm**

**Creative Life Planning Group** - Creative Journaling I - this two-part program will be led by Bonnie Brown. Part II will meet March 13. March 20 & 27 will be Issues Meetings for personal sharing.

**Thursday, March 8, 5:30 - 7:30 pm**

**Women Songwriters Support Group** - Songwriters of all experience levels are welcome at this monthly group meeting. Dianne Eberhard will serve as the group facilitator. Contact her at [dianne.eberhard@mcmail.vanderbilt.edu](mailto:dianne.eberhard@mcmail.vanderbilt.edu) with any questions.

**Monday, March 12, 5:15 pm - 6:30 pm**

**Book Group** reads *White Oleander* by Janet Fitch. Discussion facilitated by Jen Carlat. New readers are always welcome.

**Wednesday, March 14, 5:15 pm**

**Women, Spirit and Poetry** - Jan Rosemergy and Linda Manning will lead this discussion on "Re-Mything" from "Cries of the Spirit: A Celebration of Women's Spirituality." This group is open to the public.

**Wednesday, March 14, 6:00 pm in North Hall's Terrazzo Lounge**

**ABCs of Car Maintenance** - Pat Claybaker, co-owner of The Workshop, will offer tips on how to wisely care for your car. Registration is required. Contact Hilary Forbes at 322-6518 or [hilary.forbes@vanderbilt.edu](mailto:hilary.forbes@vanderbilt.edu). *Cosponsored by North Hall's residential staff as part of the North E.A.C.E. series.*

**Thursday, March 15, 12:00 noon**

**Reading Sisters** - See [www.vanderbilt.edu/WomensCenter/booklist.html](http://www.vanderbilt.edu/WomensCenter/booklist.html) for our March selection. Contact Hilary Forbes at 322-6518 or [hilary.forbes@vanderbilt.edu](mailto:hilary.forbes@vanderbilt.edu) with any questions.

**Thursday, March 15, 7:30 pm in Benton Chapel**

The Antoinette Brown Lecture will feature author and speaker Dr. Kwok Pui-lan, a pioneer in Asian feminist theology, biblical interpretation and postcolonial criticism.. See *announcement on page 8.*

**Friday, March 16, 12:00 noon**

**Living with Loss lunch group** - All students (women/men/undergrad/grad) living with the loss of a parent or caregiver are welcome to this monthly lunch group. Lunch will be provided. Contact Hilary Forbes (322-6518) or [hilary.forbes@vanderbilt.edu](mailto:hilary.forbes@vanderbilt.edu) to register.

**Wednesday, March 21, 4:00 pm in Wilson Hall, room 126**

**Pressure Cookers, Nail Clippers, & Culture: Overcoming Obstacles to the Empowerment of Afghan Women Refugees** - Sima Samar, M.D., with the Shuhada Organization in Pakistan, will speak about her work with Afghan refugee women. *The Women's Center is cosponsoring this Women's Studies program.*

## *In celebration of National Women's History Month*

**Thursday, March 22, 7:00 pm in the Sarratt Cinema**

**What I Did for Love: A Musical History of Women's Independence** - Dorothy Marcic will lead us on a musical journey of the 20th century through popular songs showcasing how women fought for and claimed their political and personal power. *See article on page 2.*

**Wednesday, March 28, 12:00 noon**

**Birthing and Midwifery** - Anne Moore, RNC, MSN, a Professor of Nursing and a Women's Health Nurse Practitioner, and special guests will talk about the medical option of working with midwives to give birth. Please register with Hilary Forbes at 322-6518 or [hilary.forbes@vanderbilt.edu](mailto:hilary.forbes@vanderbilt.edu).

**Wednesday, March 28, 5:00 pm**

**Making Herstory - Claiming the Power of Calling** - Paula McGee facilitates this innovative and important workshop to help you discover your personal career calling. *See article on page 2*

**Margaret  
Cuninggim  
Women's Center**

## Calendar of Events

### PLEASE SAVE AND POST.

*Unless otherwise stated, all programs are held at the Cuninggim Center, Franklin Building, 316 West Side Row. For more information on the events listed, call 322-4843.*



# Yoga at Vanderbilt *part two of a series*

by LAURA MARJORIE MILLER, Senior Information Officer, Division of Public Affairs

In my effort to demystify Yoga for you, I thought I would spend a week or two going to every class on campus, and then relate my experience to you, so that you would know not only what the spaces are like, and what the teachers are like, but also what might happen in an individual class. I attempted to have a beginner's mind while I was in the classes, to see them clearly, and not judge them according to my previous experience. Because all of the teachers vary the matter from class to class, the class you attend may not be exactly like the one I describe. However, I think my descriptions will give you a good idea of what you can expect. (Note: Due to constraints of space, only one class of each type – level, focus, or locale – has been featured)

### Monday 6:45-8:00 pm (Dayani)

Five students were present for this class, four women and one man, and most of the students seemed to be continuing students of Zo's. Zo announced that as this was the first Monday class of the year, she wanted to begin with some fundamentals, some basics of alignment that we should be reviewing or should be acquainted with in the first place: teaching us to press our thighs down and back in cross-legged seated position, releasing them to the ground in Staff Pose, and then using their backward motion to pull us back into a longer, freer-spined Downward Dogs. She emphasized the need to rotate the thighs back while in the basic standing posture, and demonstrated the action of the muscles by asking us to hold blocks between our thighs. "Now, try to squeeze them out the back," she said. She stressed that the pubic bone needs to move forward while the thighs move back; this action stabilizes the pelvis and allows the spine to lengthen.

We did a simple seated twist to awaken the spine even further, and then a series of shoulder-opening exercises at the wall, with Zo demonstrating the wrapping of the shoulders outward in a way that widens the shoulderblades and brings them down the back for stability and a way that also allows the neck to lengthen. Zo wanted to work on some basic standing poses, but we only had time for Triangle Pose before we had to conclude the class with savasana, a final reclining, relaxation sequence. This was a careful, subtle class, very precise, with attention to the physiological effects of the postures: Zo stressed the benefit of Downward-Facing Dog for women, as it is a weight-bearing pose that distributes the weight through the entire body, on both hands and feet simultaneously.

### Tuesday 11:30-12:45 pm (Dayani)

There were seven students in the class including me, and everyone present appeared to be a regular. Nedra began the class with a long, deep Standing Forward Bend, and then

moved into several cycles of Sun Salutations (Sun Salutations are series of basic postures that flow one into the other - Downward Dog into lunge into Standing Forward Bend, for example): two specific sequences, Surya Namaskar A and Surya Namaskar B, with B incorporating slightly more complex postures into the flow. Nedra emphasized knowing one's limit, pointing out ways to get in and out of poses that were of varying degrees of strenuousness (one can step back into Downward Dog, rather than jumping, for example). She also reminded us that the class wasn't a competition, that we could rest in Child's Pose if at any time the vigorous flow of poses was too much for us. After the Salutation sequences, we worked on the more strenuous standing poses Warrior II and Triangle. We did a standing spinal twist, and then a One-Legged Forward Bend. We did several variations of Bridge Pose, and Nedra invited the more experienced students to go up into a full backbend if they wished. Following the backbends, we performed a cross-legged reclining twist, and then settled into a savasana. Nedra closed class with a benedictory salute: "The light inside me salutes the light inside you," she said. "Namaste."

### Tuesday 12:30-1:15 (Student Recreation Center)

Five students were in the class I attended (Debbie mentioned that anywhere from three to thirty students can drop in for a class at the Rec.): three women including me, and two young men. Three of the students were undergraduates. Debbie had us start in Downward Dog, then move into Child's Pose. We did a thread-the-needle reclining cross-legged stretch, and then she assigned partners to do the Cobbler's Pose pull. We also did a "ship's-prow" exercise, with Debbie using me to demonstrate because 1) we had an odd number of students and 2) I had performed the action in her class the night before. She then guided us through a relaxation sequence that featured involved and subtle visualization: it involved all parts of the body, and Debbie even had us paying close attention to where our tongue was resting in our mouths.

Debbie was physically involved with this class, who tended to ask questions about precise movements and actions in the postures. She fielded questions about locking the knees in Downward Dog (don't!) and about the positioning of the lower back in relaxation pose.

### Tuesday 5:15-6:30 (Dance/Beginner)

We began with gentle warm-ups, and then moved into the Sun Salutations which are the core of the class. After these, Dorinda introduced the class to a new flow series that she said originated with one of her favourite yoga teachers, Kali Ray. This was a lovely and graceful series, and everyone picked up on

it rather quickly, despite its unfamiliarity. After this series, we worked on leg extensions to lengthen our lower backs, and seated stomach exercises like Boat Pose to strengthen our stomachs.

Throughout, Dorinda emphasized that Yoga is "meditation in motion," and that its movements and actions should be co-ordinated with the inflow and outflow of breath to allow for greater unification of the body, breath, and mind. For example, she would not simply tell the class to step back into Downward Dog, but to exhale while stepping back into Downward Dog.

At the end of class, Dorinda told us to assume "corpse pose," which is the proper name for what is often euphemistically called "relaxation pose" (probably out of fear of frightening off squeamish, skeptical students). She turned off all the lights in the room, making the Refectory blissfully restful on that late autumn night. After five minutes, she roused us to sitting meditatively, our hands in a mudra. She closed with a "Namaste." "God bless you, dear beautiful people," she said, and invited those who had completed the semester's session to enroll in the intermediate section in the spring: "You are more than ready for it."

### Tuesday 6:30-7:45 (Dance/Intermediate)

Five students were present for the later class, all female. Dorinda opened the intermediate session by inviting students to warm up on their own by doing six Sun Salutations of their own choosing – enough familiarity with the sun salutes to be able to do them on one's own is what marks the difference between a beginning and an intermediate student in the Dance Group classes. After we had completed our series, Dorinda then guided us through Kali Ray's series twice, and then through two slightly more strenuous ashtanga series (more strenuous because they involve jumping back into Downward Dog and forward into a standing forward bend). "Your arms look so good, even after a few weeks!" effused Dorinda. "They are so strong!"

Dorinda then announced that it was time for the "rocking and rolling" that would help lengthen our spines and prepare us for relaxation. We were encouraged to do these at our own pace, and to do variations on these at our discretion: Plough Pose (you are on your back and shoulders with your feet kicked back over your head), then into Shoulderstand or Half-Shoulderstand, then down into Fish Pose (lying down with the head tilted back and its crown resting on the floor) and if we wanted, into an upward backbend or Bridge Pose (shoulders on the floor, knees bent, hips in the air). From there, we did seated spinal twists that released our lower backs for the recumbent relaxation sequence. We stretched ourselves out for corpse pose, and then after about five minutes Dorinda summoned us up to sitting with our hands in a mudra, in brief but blissful meditation in the dark room. She blessed us with a "Namaste" and "God bless you." As you can imagine, one needs prior knowledge of postures to do this class, and the stamina to keep up with flowing sequences that go a little faster. Dorinda emphasizes independence in this class, wanting her intermediate students to get used to working on their own practices. She praises her students effusively when they do something well.

### Thursday 11:30-12:30 (HealthPlus at Oxford House)

Today we worked on our backs, so we assumed a prone

position on our mats in order to do backbending poses. After an initial stretch in Dog Pose, we began our work in Locust Pose, which Debbie taught as a long, levitating extension of our front bodies with our arms back behind us, and did three repetitions of that. We then worked on the classic Cobra position, similar to Locust, but one keeps her palms on the floor on either side of her torso. We did two repetitions of Bow, which is essentially a backbend upward while one grabs her ankles and balances on her abdomen. After that, Debbie flipped us over to hug our knees to our chests in a counterpose. She told us to rock back and forth to relieve any tension we might feel in our lower backs after a vigorous round of backbending.

Debbie reminded one member of the class who was doubtful of her abilities that everyone, in Yoga, begins where she is – that everyone is "on a different wave" according to her own experience, limitations and natural abilities.

### Basic Guidelines for Yoga

Don't eat for at least one hour and a half before class. You want to be light in the postures, and for your stomach not to be distracted by the rougher work of digesting. Your whole body needs to concentrate on the Yoga.

Take off your shoes and socks. Yoga is done in bare feet, so that your feet can become more sensitive, open, and articulated as you use them to grip the floor. Socks could cause you to slip. So spread those toes!

Be punctual – this goes for arriving and departing. Ragged edges destroy the calm unity of the class, and can be distracting for other students trying to concentrate. Regard yoga class as a special time, set aside from ordinary time. Respect the integrity of that time.

Be quiet and attentive during class. Teachers give you directions so that you will do poses properly, without risk to yourself. Observe them carefully when they demonstrate.

Don't bring water into the class space. Yoga is not like aerobics, where you swig a swish of water whenever you get thirsty. Drinking water during practice breaks your concentration and extinguishes the fire that you have worked so hard to build up inside of you. Have your water before and after class.

Yogic breathing, both in and out, is done through the nose. This is much quieter and calmer than open-mouthed breathing. This practice may seem at first uncomfortable, but you will grow used to it after only one or two classes.

Open your mind. Yoga will be difficult at first, and you will have to do things with your body that have never occurred to you before. Don't worry about what you can't do. Just try, and play. That is all anyone can do.

# A N N O U N C E M E N T S

• The annual **Antoinette Brown Lecture** will take place Thursday, March 15 at 7:30 pm in Benton Chapel. A reception will follow in Tillet Lounge. This year's lecture will feature author and speaker Dr. Kwok Pui-lan, a pioneer in Asian feminist theology, biblical interpretation, and postcolonial criticism. Her books include *Chinese Women and Christianity* (1992), *Discovering the Bible in the Non-Biblical World* (1995), and *Introducing Asian Feminist Theology* (2000), and she co-authored *Inheriting Our Mother's Gardens*, and *Women's Sacred Scripture*. She is also co-editor of the *Journal of Feminist Studies in Religion*, and is founder and advisor of *Pacific Asian and North Asian American Women in Theology*. Currently, she is the William F. Cole Professor of Christian Theology and Spirituality at Episcopal Divinity School in Cambridge, Massachusetts. Kwok Pui-lan's lecture will discuss Christology from a postcolonial perspective while examining the intersection between Christology and colonial imagina-

tion, focusing on the gender and masculinity of Jesus. Her lecture will also revisit the feminist question of "Can a male savior save women?" Come join us for this provocative and exciting event! Week-long activities including Worship Service at All Faith Chapel, Wednesday, March 14th and various other events to be announced.

• The Tennessee Coalition Against Domestic and Sexual Violence is sponsoring a **"Day on the Hill" on March 13, 2001**. The "Day on the Hill" event is your opportunity to come to Nashville and spend a day at Legislative Plaza learning how the legislative process works and seeing your State Senators and Representatives in action. The event is also designed for those who hope to end domestic violence and sexual assault, survivors of domestic violence and/or sexual assault, and volunteers to let our voices be heard. The League of Women Voters of Nashville, the Nashville Women's Political Caucus along with TCADSV will

hold a legislative breakfast in Legislative Plaza room 31 from 7:30 am to 8:30 am. To join the Vanderbilt group going to this event contact Sandra Harrell or Hilary Forbes at 322-4843.

## CALL FOR WORKS BY WOMEN ARTISTS

The Women's Center is accepting proposals for exhibitions for the 2001-2002 academic year. The gallery at the center is an intimate space with approximately 40 running feet. The Women's Center Arts Committee is interested in reviewing strong two-dimensional work by emerging female artists in the Middle Tennessee area who have not had much exposure. Proposals are due by March 30, 2001. For additional information, call the Women's Center office at 322-4843.



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