

Virtual Yoga & Facial Experience



Thursday, May 6, 2021
5pm-6pm

The Latinx , Working Parents and CUIMC Women ERGs invite you to a Virtual Yoga and a Facial experience! In this one-hour event, **Drum and Flow** will lead us through a 20-minute vibrant class of mediation, breathing exercise, and body movement. **Kimberly Hairston-Hicks** will talk about optimal skin care and will provide a mini facial tutorial.



Drum (Jojo) and Flow (Agave)

This dynamic duo from Drum and Flow offers an opportunity to exercise in a safe and supportive space. Agave (Flow) pays attention to the needs of every student and meets them where they are, always maintaining the balance of pushing her student to their limits. Agave is funny and her antics keep things fun and entertaining. Their classes are from transcendent, meditative tones, to upbeat dance music that will have you moving before you realize it. Jojo (Drum) plays impeccable music, and the physical vibrations of his drums transform any workout into a full, sensory journey. He'll also definitely expand your musical horizons with his perfectly curated, eclectic array of vinyl classics, modern hits, and live music! Their classes are both accessible for beginners and engaging for the more experienced.



Kimberly Hairston-Hicks

During her previous work for large beauty corporations, Kimberly Hairston-Hicks noticed a need for products catered specifically to black women. Enter **Good Beauté**—a beauty company “founded by a black woman for black women”—which she launched online in October 2018. Kimberly Hairston-Hicks worked with a chemist she knew from her time in the industry, and they created an SPF that was made specifically for black women and wouldn't give off that white cast when applied. “I always have to have my SPF 50. Not just when it's sunny,” says Hairston-Hicks. “Every day.”



Register Today!

<https://events.columbia.edu/go/YogaFacial>

Registration in advance is required and the Zoom meeting link will be shared with registrants in advance of the event

