



Meet Our Health Champions!



LADONNA FUNDERBURKE

LaDonna Funderburke is a Certified Meditation Facilitator, Workshop Presenter, Cultural Healer, and Owner of Breathe Deep Within. She specializes in mindfulness/meditation, breathwork, and sound therapy which she has studied and practiced for over 20 years. She provides holistic health services to communities served and underserved in both St. Paul and Minneapolis. In 2020, LaDonna was awarded for her dedication and partnership as a cultural healer in mental health by Ramsey County Public Health. She is a member of the International Mindfulness Meditation Alliance (IMMA) and the Complimentary Therapist Accredited Association (CTAA).
 LaDonna teaches simple deep relaxation techniques to help people identify where they are holding stress in their bodies using one's own breathing pattern as a guide. In her sessions, students learn how to improve their mental, physical, and emotional health with medically proven information.

Her holistic approach invites a safe space for beginners and advanced meditators to practice at their own pace. She encourages each person to grow in ways that support their journey to self-discovery.

LaDonna believes that everyone should have access to alternative healthcare. She will continue to teach mindfulness to those who are seeking better ways to improve their health and well-being.

"When each person from their community heals, we all heal as a community."

—LaDonna Funderburke

FREE & ONLINE MEDITATION, BREATHING AND SOUND THERAPY

Saturdays at 4pm & 5pm CT
 Mondays at 5:00 p.m. CT
 Wednesdays at 5:00 p.m. CT



MIKKY DAUB

YOGA WITH MIKKY

ONLINE YOGA

Saturdays at 2:00 p.m. CT
 Mondays at 6:00 p.m. CT
 Wednesdays at 6:00 p.m. CT

Mikky RYT® 500 is trained in Hatha, Vinyasa, Restorative, and Kriya Yoga as well as Yoga Nidra, and non-sleep deep rest (NSDR) meditation. She is known for her body positive teaching style, gentle encouragement, incorporating breathwork and many moments of self-reflection in each class. Mikky considers herself a lifelong learner and strives to honor the roots of yoga while creating welcoming, trauma-informed, and inspiring experiences for all students.

She leads CommUNITY Yoga for CWC's Community Health Hub on Zoom and in addition, offers private, corporate, and on-demand yoga classes online.

How do you connect to your culture and wellness?

Last month we published the Wellness Self-Assessment wheel that the CWC uses to connect community members to our programming. If you missed it, reach out!

Roberta@culturalwellnesscenter.org

Learn more about our offerings and events, and register for classes on the Cultural Wellness Center facebook page!

Cultural Wellness Center
 Health · Heritage · Harmony
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