

## PRESS AND MEDIA

# Charles Bolling II

Yoga teacher · Organizer · Healer

*A Black queer yoga teacher and abolitionist based in Richmond, Virginia, building practices that move people toward collective liberation.*

## ABOUT

## Long bio

Charles Bolling II is a certified yoga teacher, neighborhood organizer, and healer based in Church Hill, Richmond, Virginia. Their pronouns are they/them.

After graduating from Armstrong High School in 2014, Charles attended a discipleship school in Humboldt County, California. Those years were formative and also painful. They came through that season carrying a lot around their identity as a Black queer person, and carrying the kind of spiritual harm that can happen when institutions aren't safe for the people inside them.

In 2016, Charles found yoga again. This time it felt safe. This time it felt like liberation. But the lack of diversity was still there, still real, still a barrier for people who looked like them and the communities they love.

In 2020, during the uprising for racial justice, Charles led a meditation at a teach-in that changed the course of their life. That moment earned them a scholarship for yoga teacher training, and they haven't looked back.

Since then, Charles has founded Radical Yogi, a platform exploring the intersection of yoga, mindfulness, and social change, and co-founded Every Table, a worshipping community rooted in radical hospitality and collective liberation. They are also co-founder of The Clearing Space, a yoga and wellness studio in development in Richmond.

Charles practices because they believe radical self-care is a path to liberation. They teach because they want to help liberate other people. They are training to become a yoga therapist because they want to help liberate their communities.

## SHORT BIO

Charles Bolling II (they/them) is a yoga teacher, neighborhood organizer, and healer based in Richmond, Virginia. They are the founder of Radical Yogi, co-founder of Every Table, and co-founder of The Clearing Space. Their work brings together liberation theology, abolitionist organizing, and trauma-informed yoga practice, with a particular focus on Black, queer, and faith-impacted communities. Charles teaches publicly, leads workshops, and is training toward IAYT yoga therapy certification.

## ONE-LINER

*Charles Bolling II is a Richmond-based yoga teacher and abolitionist organizer who teaches radical self-care as a path to collective liberation.*

## SPEAKING AND TEACHING TOPICS

## What Charles speaks and teaches on.

### Liberatory sequencing

Trauma-informed, abolitionist yoga pedagogy for teachers ready to reshape their practice.

### Rest as resistance

Radical self-care for organizers, caregivers, and people doing the long work.

### Faith & liberation

Embodied healing for people recovering from religious harm and spiritual control.

### The Clearing Method

Breath, movement, and meditation as a practice of coming home to the body.

### Yoga in the workplace

Sustainable practices for corporate, public-facing, and wellness professionals.

### Mindfulness for caregivers

Tools for pastors, chaplains, and pastoral caregivers facing burnout.

FEATURED WORK

# What Charles builds.

**PLATFORM**

## Radical Yogi

Charles's home base for yoga, mindfulness, and social change. Writing, classes, and online courses.

**STUDIO**

## The Clearing Space

A worker-informed yoga and wellness studio in development in Richmond, opening 2026.

**COMMUNITY**

## Every Table

A spiritual community rooted in radical hospitality and collective liberation, co-founded in Richmond.

**COURSE**

## Liberatory Sequencing

A 10-hour Yoga Alliance CE course for teachers building trauma-informed, abolitionist practice.

QUICK FACTS

**BASED IN**

Richmond, VA

**PRONOUNS**

they/them

**CERTIFICATION**

E-RYT 200, IAYT in progress

**AVAILABLE FOR**

Speaking, podcasts, workshops

BOOKING AND PRESS

Let's work together.

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