



MANDELA YOGA PROJECT INC. PARTNERS WITH NONPROFITS IN AFRICA

Scaling the delivery of trauma-responsive and culturally resonant yoga and mindfulness to communities facing socio-economic and mental health crises.

Our vision for MYP on the continent of Africa is to lend technical support to local organizations in creating an ecosystem of home-grown, community-centered MYP Peer Facilitators. This represents a novel way of imagining the spread of yogic practices in-country. In our international model, Mandela Yoga will pilot a licensing and technical support package in which Seed Teachers mentor and provide support and community to each other and to Peer Facilitators as they continue to build capacity and scale by training new Seed Teachers and new community-based Peer Facilitators. MYP in Africa becomes self-propelling.

BACKGROUND

MYP Thought Partner and Peer Facilitator Trainer Emily Peterson and MYP Seed Teacher and Peer Facilitator Trainer Keyona Aviles have experience delivering trauma-responsive programming in international settings as well as US-based organizations through previous work with TIMBo (Trauma-Informed Mind/Body).

Post Covid-19, leaders in the Rutsiro District reached out to members of the MyP team and asked for MYP's solution to the increased stress and Trauma in their communities. Berwa Kinunu - a small, rural nonprofit in Rwanda with whom we had worked - asked for yoga for the many women and community members it serves. Father Theophile Hakizimana, head of the Catholic Parish and leader of Berwa Kinunu understood that **yogic movement and mindfulness could be low-cost, accessible and effective methods for improving mental and emotional health.**

MYP reached out to Aline Mazampika, a yoga and meditation teacher and manager of Utuzi Center, which is one of the only yoga and meditation centers in Rwanda. Through the miracle of the internet, MYP trained Aline to teach Sonya's Sequence a core component of the MYP model as well as MYP trauma-responsive tenets. As she began teaching, the practice was adapted to resonate with the needs of the community there in Rwanda.

MYP aims to change the traditional model of international support: **how can we make MYP self-sustaining within these communities so that they no longer need to rely on outside support?**



Participating Berwa Kinunu mothers and their children

The MYP model is based on the core belief that when residents are resourced to heal themselves and facilitate self-healing by their neighbors AND are provided a living wage for their work by the community itself, then the program embeds in the community and becomes self-reliant and self-sustaining.

MYP also reached out to Elizabeth Whelan, a Nairobi-based mindfulness teacher and seasoned international development and logistics professional. Nonprofits in and around Nairobi were also keenly interested in MYP's solution.

Through fact-finding discussions with international development experts and deep listening to community members and front-line workers, **we are co-creating a train-the-trainer model to ensure MYP continues to flourish and scale in Africa.**

OUR NEW INTERNATIONAL MODEL: TRAIN THE TEACHER

- 1. A virtual three-month training of 17 residents and community-based residents to become MYP Seed Teachers has begun!** During this training, participants will learn the fundamental pillars of Mandela Yoga and Sonya's Sequence. They will iterate the Mandela Yoga model within their own communities, bringing into the training cultural, place-based feedback: personal feedback that will shape Mandela Yoga to best fit into each community. At the formal conclusion of this training, these MYP Seed Teachers will become mentors, MYP peer facilitators, and future MYP Trainers for the first generation of MYP Seed Teachers, to be trained at an upcoming in-person intensive.
- 2. We will follow this up with an in-person intensive training in two key communities: Rutshiro District in Rwanda and Eastern townships of Nairobi Kenya.** US-based MYP staff will co-lead the training with Elizabeth Whelan, and Aline Mozampika, with assistance from local MYP Seed teachers.
- 3. After this training, through a year-long ongoing mentorship and peer support structure,** women who lead Mandela Yoga in Rwanda and Kenya will continue to hone their Mandela Yoga peer-facilitator skills and will be supported in program delivery and basic marketing skills.
- 4. From this group, we'll select MYP Trainers whose skills have developed so that they can begin to train the next generation of MYP facilitators and continue to scale our impact.**



OUR PARTNERS

BERWA KINUNU PROJECT AND THE CATHOLIC DIOCESE OF NUYUNDO

Berwa Kinunu Project empowers young single mothers by teaching them tailoring in Rwanda. In partnership with Help Alliance and Diocese Catholique de Nyundo, Rutsiro, young single mothers are learning professional skills, given a range of psycho-social supports and encouraged to become financially independent and leaders in their communities.



Father Theo, Director of Berwa Kinunu

YOGA FOR WELLNESS AFRICA (YWA)

Kitisuru, Kenya



Rachana Amlani



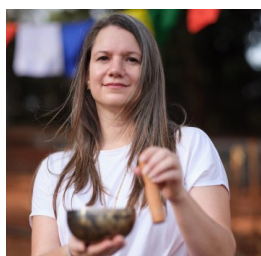
Nuzhat Shah

YWA is a community-based Yoga Studio and Center, founded by Nuzhat Shah, and has been growing a community of healing in the Nairobi area. Rachana Amlani is a lead WFA Yin and Trauma-Informed Yoga Teacher and trainer as well as Reiki Master and energy healer. With a strong focus on community outreach, they have brought yoga to schools, refugee populations, female inmates and justice-involved juveniles. They are recruiting qualified MYP Seed Teachers for the training; these teachers will bring MYP to informal settlements, social justice organizations, schools and refugee camps.

<https://yogaforwellnessafrica.com/>

ALINE MOZIMPAKA

Aline Mazimpaka holds a degree in Social Work from the former National University of Rwanda (Butare). Aline has a 200-hr certification from Africa Yoga Project, 200-hr certification from Zanzi yoga, 300-hr Jivamukti certification, 40-hr prenatal yoga from Shanti Uganda, and she completed a meditation training in Thailand under World Peace. She has been the manager of the Ituze Center since April 2019.



ELIZABETH WHELAN

Elizabeth has spent two decades in international development program management Africa and Asia. She is a trained Mindfulness Meditation teacher and mentor, focused on inner resilience and trauma-sensitive healing, and has significant experience organizing global wellness trainings. She resides in Kenya and will lead the efforts on the ground.

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