

AGE+

Age Strong
Commission

Age Strong Commission: City of Boston

With the Community Healing Center Project at an East Boston Senior Housing Development.






Classes de Mandela Yoga
Para personas de 55 años o más

**Maverick Landing
Community Room**
31 Liverpool St.,
East Boston

Cada jueves a las
4:00pm-5:00pm
de agosto 31
hasta noviembre 16



**Enseñanza entre
compañeros**

**Diseñado para
comunidades de color**

Enfocado a la sanación

**Accesible para todo los
cuerpos**

Completamente gratis



El instructor
Felipe Rosario

¡Regístrate hoy!
michaelemandelayogaproject.org

¿Desea más información? Visite www.mandelayogaproject.org

Seniors:

With funding from the City of Boston, piloted the Mandela Yoga intervention for 6 months with Spanish-speaking seniors in East Boston (2023-24).

Community Leaders:

Conducted Mandela Yoga Peer Facilitator training in Spanish for 7 community leaders serving in East Boston.

“When I met
[the Mandela Yoga Peer-Facilitator Trainer],
I started a new life.”

60 year-old
Mandela Yoga Peer-Facilitation Trainee

“I have been able to control my temper
and I feel peaceful and can breathe
normally”

Peer-Facilitation Trainee



2023

2024