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Yoga transforms lives of Kenyans	
	Reference
	DUKAS_31293039_POL
	Title
	Yoga transforms lives of Kenyans
	Creation date
	20130328
	Caption
	March 28, 2013 - Nairobi, Kenya: Stanley Wangewa leads a yoga class for special needs students. "They have taught me patience and compassion," Wangewa says, referring to his pupils. Yoga is taught to special needs students at Dagoretti Children's Center. The Africa Yoga Project and volunteer teachers led by Sharon Moon, a Jois fellow, teach yoga to handicapped, autistic and deaf children as part of the outreach program that seeks to provide free yoga classes across Nairobi to marginalized communities. Each week 70 yoga teachers find their way into prisons, special needs schools, social centers for the disabled and into the shanty towns to offer free yoga classes to Kenya's most marginalized populations. Most of the teachers began lives among the people they now serve. The teachers, most born into the grinding poverty of Nairobi's slums, have been trained and offered teaching jobs with Africa Yoga Project, a charity organization. Africa Yoga Project was founded by American Yoga teacher Paige Elenson after a Safari to Kenya with her parents. She befriended a group of acrobats and offered a few lessons in yoga. The acrobats invited her back for more. She came back to teach and stayed to found the organization. Africa Yoga project continues to train Kenyan and other African yoga teachers. This year they held the first ever international teacher training session where American and Canadian students studied side by side with Students from Congo, Rwanda, Tanzania, Ethiopia, Uganda and South Africa. Elenson predicts that in addition to changing lives a blossoming yoga culture will have an economic impact on East Africa in the years to come. That transformation is already apparent in the lives of the teachers, formerly unemployed youth, who now earn a living teaching yoga across the city. (Brendan Bannon / Polaris) (FOTO:DUKAS/POLARIS)
	Special instructions
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Original references
Polaris, 04454220