

Baron Baptiste & Team in Kenya - April 09

This April 20-28th, Baron Baptiste and team will travel to Nairobi, Kenya to lead a Journey into Power of a lifetime. Teaming with Africa Yoga Project, a US based not-for-profit organization, Baron and team will lead the first ever yoga teacher training in East Africa for Kenyans.



All from marginalized backgrounds, the students attending Level 1 Teacher Training In Kenya are ripe to receive the gift of yoga. Each student, boys and girls, men and women, is a community leader in the slums that they hail from. They are in the circle of influence in areas where poverty runs rampant; running water and electricity are rare; open sewage trenches and disease are common. These students are the future leaders, educators and grass-root activists of Kenya. They are each committed to using yoga to empower themselves and their communities.

The Baptiste team of assistants are also making a commitment. These yoga teachers and studio owners are community builders, each taking on a leadership role within their own circle of influence. Each team member is each raising \$5,000 for Africa Yoga Project, as well as paying their own travel expenses. The team will put their lives at home on hold, enroll their communities in their support; and work together to create new possibilities for themselves and their students.

During their time in Kenya, the team will travel to three different areas of Kenya. They will learn about life in the slums of Nairobi, Kenya and teach yoga there; they will visit with the Massai families where Africa Yoga Project built two schools in Amboselli National Park; and they will hold a free 5-day teacher training for local Kenyans at Diani Beach along the Indian Ocean, one of the world's most beautiful beaches.

The goal is to make a permanent difference in the lives of others by sharing what has so significantly impacted our own lives – yoga and service. This core group of assistants will take a stand for bringing yoga and power to all, no matter where or how they live, Right Now!



CONTACT US:

W: www.africayogaproject.org

E: africayogaproject@mac.com

Africa Yoga Project



**“When you Pray,
Move your Feet.”**
– African Proverb

unity. possibility. non-violence.
www.africayogaproject.org

Our Mission

"I can feel through yoga the unclenching of my fists and the opening of my palms. Through yoga classes, my peace is radiating to my neighborhood and I see the potential that I have to influence."

- Kennedy Owino, 28, Nairobi

Create Change and Come to Kenya

In a gentle way, you can shake the world.

-Mahatma Gandhi

Africa Yoga Project began in 2007 as an experiment that looked at how yoga and other forms of movement could be used as a tool for transformation in Kenya's poorest areas, the slums of Nairobi. Our mission is to empower youth, to increase physical, mental and spiritual well-being in Africa and therefore build a **global** yoga community.

We have introduced hundreds of students in Kenya to the practice of yoga. We have provided educational scholarships, job training, food stipends, temporary housing and health services. Our core group of students are from impoverished backgrounds in Nairobi, Kenya, and are between 16-30 years old, though we also work with children as young as two years old.

The majority of our students live on less than \$2 per day. Many are personally affected by HIV/AIDS and are either living or have lived on the streets. All have been personally affected by the 2008 post-election violence. We utilize yoga and other forms of movement, such as acrobatics, dance and music as a tool to connect to street children and stimulate them. This also provides them with a safe place to spend their time. Some of the children are even able to earn income through the skills they learn from the Africa Yoga Project. Our Teacher Training programs allow them the opportunity to become self-sustainable through teaching classes to the ex-patriot and tourist community, and also to be employed by our organization to teach the

Our Current Programs:

*"Food for the body is not enough.
There must be food for the soul."*

- Dorothy Day, activist

Yoga on the Streets:

Through Sarakasi Trust, we support free outreach movement classes running in 50 different locations in and around Nairobi on a weekly basis offering yoga, dance and acrobatics to hundreds of youth's every month. These classes provide stimulation for youth that do not have a safe place to spend time and gives them access to other forms of movement and skills training.

Amani Peace Circus:

In the wake of the post-election violence in 2008 we created this Peace Circus to educate Kenyans nationwide about living in non-violence and ahimsa. This is a touring program that reaches out to people all over the country through acrobatic performances. This program involves ongoing training in Nairobi, and a continuing performance tour.

Massai Community School

The Massai Tribe is one of the last deeply traditional tribes in Kenya, remaining largely nomadic, without access to clean water or medical care. They continue many cultural practices that have been eradicated by other tribes that have followed Western influenced paths of education, such as Female Genital Mutilation (FGM). Africa Yoga Project has built a school in Amboseli, Kenya, to educate the young Massai and we continue to fund and run this school, working to educate the youth's about health as well as providing a traditional school education.

Yoga Teacher Training:

In 2009 we are hosting the FIRST Yoga Teacher Training in Kenya. This training is being led by Baron Baptiste and a team of incredible teachers. This training will allow our 50 participants to create a self-sustainable life for themselves through earning money by teaching Yoga.



Opening to Service

We are grateful to host volunteers in Kenya. If you are a Yoga Teacher and would like to come and share your knowledge with our students then we want to hear from you!

We are also grateful for support through skills other than teaching Yoga. If you feel inspired to be involved and connect with our programs there are many other ways that you can be of service, including administrative skills, fundraising, grant writing, publicity, event programming and design.

We have a team of people that offer guidance about planning logistics for your trip and supporting you pre-arrival, and then living and working with you once you reach Kenya.

The Pledge

We ask our volunteers to pledge to raise \$5000 before coming to Kenya. While this may sound like a huge task, it is achievable. We can support you through the process of raising \$5000 and give you ideas on how to do so. We help you with your pledge by providing you with a fundraising pack full of information about how to fundraise, and facts about our Non-Profit to fill you with confidence about inspiring your community to support you.

Once your \$5,000 raised, we use the money to directly support the programs that you will be working with in Kenya. There is a huge satisfaction in arriving in Kenya and seeing how your money directly impacts those you meet.

Contact us for an application form today!