



“Seeing my team experiencing this session and hearing how amazing they felt afterwards, was priceless”

Medical staff



Click image to watch video presentation

## Recovery Month:

In 2023, Peer Facilitators Felipe Rosario and Max Sass with Zev Schuman-Olivier present how the Mandela Yoga intervention supports formerly incarcerated Black and Brown men of color in recovery.

Massachusetts League  
of Community Health Centers

COMMUNITY HEALTH INSTITUTE  
CONFERENCE: MAY 13-16, 2024  
MARRIOTT BOSTON - QUINCY, MA

MANDELA YOGA PANEL PRESENTATION ABSTRACT:

"A Patient-Led Health Equity Case Study and Practice of the Peer-Led Mandela Yoga Intervention"

SESSION SHORT DESCRIPTION

Formerly incarcerated men of color explain how the Mandela Yoga whole-person mind-body intervention fosters community, supports recovery, and resources them with skills and compensation to be greater agents in their healing, and to be peer leaders, and community research partners. Session will include Mandela Yoga interactive demonstration - seated or standing.

## Statewide Health Center Conference:

In 2024, Felipe and Carlos presented their health equity research case study on the Mandela Yoga intervention's impact on formally incarcerated men of color in recovery.

## Mandela Yoga Demo

**Main Conference Room**  
63 Main street.  
Brockton, MA  
Wednesday  
9:00am-10:00am  
April 17th

**Peer to Peer**  
**Designed for Communities of Color**  
**Healing Based**  
**Accessible to All Bodies**  
**Free of Charge**

Peer Teacher  
Felipe Rosario

Rsvp today!  
belizairefebnhc.org

## Workforce Partnership:

In 2024, partnered with the Mass League's Workforce Development Department to introduce the Mandela Yoga public health intervention to Medical and Dental Staff at four health centers: Lowell, Lynn, Brockton, and East Boston.