



## Shakti Yoga Nashville and Small World Yoga Extending Reach to Empower African Communities with Africa Yoga Project

**Nashville, TN - For Release July 29, 2016** – [Shakti Yoga Nashville](#) (Shakti) and [Small World Yoga](#) (SWY) have built strong communities in Nashville, changing people’s lives through yoga; and now they are reaching out to extend that community of empowerment to help make a difference in Africa. Shakti and SWY are teaming up with [Africa Yoga Project](#) (AYP), a worldwide organization dedicated to mentoring African youth through yoga to become successful adults and inspiring them to make a difference in their communities. Shakti and SWY will host the AYP *Handstands Hugs+ Happiness* Tour donation class with teachers from AYP on Saturday, August 6, 2016 at Shakti Yoga Nashville located at 65 Music Square East, Nashville, TN 37203. In turn, the Shakti and SWY communities will bring Nashville to Nairobi when they travel to Africa for [Seva Safari: Musical Roots](#) June 28 – July 8, 2017 to experience AYP’s work first-hand in a service trip of a lifetime!

The [donation class](#) at Shakti on August 6<sup>th</sup> will feature a powerful 60 minute Power Yoga Vinyasa class taught by AYP teachers, Brian and Millie, both of whom started out as AYP students and now have inspiring life-changing stories to tell because of AYP! 100% of donations from the class will go to help **Africa Yoga Project** continue their mission to - “Educate, Empower, Elevate and Expand Employability with youth in Africa using the transformational practice of yoga.” Currently, AYP employs over 98 teachers and empowers over 6,000 people a week through their 350 free outreach classes in Africa. “Through our continued monthly support of Africa Yoga Project, we are able to connect with our mentee’s, and empower and inspire each other to grow as yoga teachers and leaders in our communities, said Shakti co-owner, Kelly Carter. “The opportunity to host Brian and Millie allows us to share with others the joy that AYP gives us in our lives. “ Register for the AYP donation class at Shakti [HERE](#).

The donation class will be followed by a short session to give participants more information about the June, 2017 Seva Safari. Seva Safari participants will experience what the heart of **Africa Yoga Project** is all about, making a positive impact on others, changing their own lives and the lives they touch forever. Safari participants will have opportunities to work on service projects to help the Nairobi community, take classes from AYP teachers, visit AYP’s home base, *Shine Center*, and witness Kenya’s wildlife at an arm’s reach. “We are thrilled to share with others why we are so excited about hosting this journey.” said Shakti Co-Owner, Lauren Farina. Read more about the Seva Safari: Musical Roots 2017 [HERE](#).

Shakti Power Yoga is an intimate and friendly yoga community in the heart of Nashville's Music Row. Founded in 2012 by sisters, Kelly Farina Carter and Lauren Farina, from Hendersonville, TN, Shakti is more than just a place to take a class. Their mission is to empower students on and off the mat. The Shakti practice is rooted in gratitude, and focused on building strength, balance, and flexibility through a challenging and energizing Power Yoga practice. For more information on Shakti Power Yoga, visit <http://www.shaktiyoganashville.com/> or connect with them on Facebook at <https://www.facebook.com/ShaktiPowerYoga/>, on Twitter [@shaktipoweryoga](https://twitter.com/shaktipoweryoga), or on Instagram at [shaktipoweryoga](https://www.instagram.com/shaktipoweryoga).

Small World Yoga founded by Liz Veyhl in 2014, is a Nashville-based 501(c)(3) nonprofit organization that connects yoga instructors and volunteers to those in the community with limited access to yoga. SWY makes yoga accessible to more people so they can share in its mental, physical and emotional benefits. For more information on Small World Yoga, visit <http://www.smallworldyoga.org/>, or connect with them on Facebook at <https://www.facebook.com/SmallWorldYoga.org>, on Twitter [@SmallWorldYoga](https://twitter.com/SmallWorldYoga), on Instagram at [smallworldyoga](https://www.instagram.com/smallworldyoga)

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