



HEALTH IS OUR HERITAGE



BIO

Changa Bell is an American author, entrepreneur, mindfulness expert, cultural activist, human developer and one of the nation's #1 life and behavior change strategist.

Author of the book, *Affirmations for Dads: 21 Lessons in Minding Your Fatherhood*, Mr. Bell has empowered men and women alike around the world through his audio and life development programs. He created the transformative personal development program focused on health equity: *The LifeForce™ Development Curriculum*.

Mr. Bell is a certified eRYT+350, from the Sri Sri School of Yoga and Ministry of AYUSH - GOVT OF INDIA IYA 350 and is considered a Global L2 Expert Yoga instructor. Mr. Bell is a Georgetown University Certified Health Coach, Owner of Sunlight & Yoga Holistic Wellness Center, and is the Founder and Chief Yoga Officer of the nationally acclaimed non-profit, The Black Male Yoga Initiative.

His work has touched the lives of people on all levels of the socio-economic spectrum and thus has received honors from the Baltimore City council, the Baltimore City Mayor's office, Black Enterprise, B.Me Community, Red Bull Amaphiko and from President Barak Obama. Through conferences, seminars, fairs, festivals, workshops and through features in publications from *Blavity* to *Teen Vogue*, Mr. Bell is able to make an impact.

As a cultural activist and human developer he has been named a *Black Enterprise Modern Man*. His personal mission is to brighten, improve and motivate, while expressing the values of: compassion, encouragement and love, for family issues, education and spirituality. As such Bell helps people connect with their purpose and increase attention to self-care via holistic health practices and specifically has set out to train ONE THOUSAND Black Men to become certified and registered yoga instructors! Mr. Bell asserts that HEALTH IS OUR HERITAGE and thus we can HEAL A NATION BY CREATING A NATION OF HEALERS.

His message of RelationShift, LifeForce™ Development, and Health Equity through Yoga continues to serve people across the world.