

TYP IN THE NEWS

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MAIN LINE TODAY

"HEALTHCARE HEROS 2019"

By Melissa Jacobs



Michael Huggins

Founder and President of the Board of Directors, Transformation Yoga Project

When a corporate crime landed Michael Huggins in prison, he made the most of his stay. Inmates shared their pasts with Huggins, and he soon realized that trauma often fuels criminal behavior. "They saw me exercising and asked what I was doing, so I taught them poses, but I never called it yoga," he says.

Following his release in 2012, Huggins created Transformation Yoga Project. The Kennett Square-based nonprofit now brings yoga to prisons, addiction recovery facilities, sober living homes and behavioral health facilities throughout the Delaware Valley.

featuring our **Founder and Board of Directors, Mike Huggins**, being recognized as a 2019 Healthcare Hero