Programs Overview

- Providing a strength-based, trauma-informed, gender-responsive intervention program to at-risk, exploited and incarcerated girls in San Francisco, San Mateo and Santa Clara Counties
- Continuum of care from juvenile halls, rehabilitation centers and alternative high schools to aftercare sites and mentoring
- Yoga and Creative Arts Curriculum combines character development, health education, yoga, meditation, creative arts and writing
- National affiliates license and deliver the curriculum to girls in their communities
- 80% of girls consistently report improvements in interpersonal skills, pro-social behavior, and emotional regulation outside of class
- Girls Empowered through Money Mindfulness (GEMM) Curriculum provides financial literacy education

Board of Directors

Amy Santullo, Chair
Educational Policy Specialist, Cert. Yoga Teacher

Dede Barsotti, Treasurer
Chief Administrative Officer, Radar Partners

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Partner, Jorgenson, Seged, McClure & Flegel

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Owner Vibe Yoga Studio, Cert. Yoga Teacher

Michele Kirsch
Women's Advocate, Philanthropist

Key Staff

Lisa Pedersen
Executive Director

Mary Lynn Fitton
Founder/Director of Programs

Advisory Board

Rebecca Epstein
Executive Director, Center on Poverty & Inequality, Georgetown Law

Giselle Mari
Advanced Certified Jivamukti Yoga Teacher

Kelly McConigal, Ph.D
Past Editor in Chief, International Journal of Yoga Therapy, Health Psychologist, Lecturer, Author

Desirée Rumbaugh
Anusara Yoga and Fitness Expert

Melanie Tervalon, MD, MPH
Pediatrician, Cultural Humility Expert

Youth Advisors

Rocsana Enriquez
Danielle Robinson

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Annual Report 2014

Working to end cycles of violence and victimization for teenage girls involved in the Juvenile Justice System
Financials

Statement of Financial Position as of June 30, 2014 [unaudited]

Assets
Cash and Cash Equivalents $370,719
Fixed Assets, Net 2901
$373,620

Net Assets - Unrestricted $373,620

Statement of Activities for the Year Ended June 30, 2014 [unaudited]

Revenue
Contributed
Foundations and Corporations $132,431
Individuals 91,382
Public Funding 121,710
Other 9,995
355,418

Earned 6,772
In-Kind 14,385
$376,575

Expenses
Program Expenses $325,037
Management and Administrative Expenses 61,169
Fundraising Expenses 17,094
403,300

Total Decrease in Net Assets $(26,725)
Net Assets, Beginning of Year 400,345
Net Assets, End of Year $373,620

The Art of Yoga Project is a 501(c)(3) non-profit organization. TaxID Number: 20-2448697

Major Contributors July 1, 2013 - June 30, 2014

$10,000 and above
Carrie Anderson Family Fund
May & Stanley Smith Charitable Trust
Nancy & Duifose Montgomery
van LibertenS/TermeRock Foundation
Yoga Dana Foundation
YWCA of the Mid-Peninsula Donor Advised Fund of The Women’s Foundation of CA

$5,000 to $9,999
Dede & Mike Barcott
Carla Culbertson & Scott Greenberg
The Caw Foundation
Charter Oak Foundation
Jennifer H. Friedman
Intrepid Philanthropy Foundation
The Isabel Allende Foundation
Peery Foundation
Santullo Family Fund, Silicon Valley Community Foundation
Valerie Beth Schwartz Foundation

$1,000 to $4,999
Pam & Tom Adams
Rebecca & John Bora
Michelle Cale & Duncan Greatwood
Lydia Gallagher & Adam Weiss
Anne & Terry Clark
The Daineson Foundation
Frances and John Morae Charitable Fund
Deborah Justice
Kathryn J Hallsten
The Kirk Family Charitable Fund
Haig Kouyoumdjian
Leo Buscaglia Foundation
Julklenom athletica
Ed Massey
Lisa Pedersen & Jorgen Smidt
Julie & Robert Ricomini
Shannon B Raisi
Sophie & Arthur Brody Foundation
Steven & Michele Kirsch Fund
The Steven B. Achelis Foundation
Kathleen and John Sweeney
Frances & Peggy Thompson
W. Bruce Gook and Mary Louise
Cook Foundation
Yoga@Cindy

$100 to $999
Liza Bakland
Center for Spiritual Enlightenment
Martha Chamberlain
Beky Chambers
Connie and Bob Lurie Foundation
Tench and Simone Otis Coxe
Suzanne Del Bianco
Barbara Dohn & John Alano
Hapley Dittrich
Donald & Virginia Fitton
Franklin P Johnson
Nicole Garrett & Eric Schuman
Julie & Michael Greicius
Amy Kacher
Rich Kelley

Dear Friends,

During the past year, The Art of Yoga Project served over 600 teen girls in our community by providing age-appropriate, gender-responsive and culturally sensitive rehabilitative services through an intervention that combines yoga and creative arts.

Our therapeutic programs help heal at-risk, incarcerated and exploited teen girls. Many of the girls that we work with have experienced severe and chronic trauma. Our circle of supportive peers and women elders is especially effective in building trust among young women with histories of physical, sexual and emotional abuse.

Our outcomes range from short to long-term, simple to profound. In the short term, we mitigate the harsh environment of incarceration and the unfamiliar and complex circumstances in which a girl finds herself. She is alone and afraid—broken in body, mind and spirit—and we provide consistent, caring and mature support. Secondly, with proven sensory integration and self-regulation techniques we are healing the dysregulation in the girls’ nervous systems caused by severe, developmental trauma. Finally, we are providing concrete tools for self-awareness, self-respect and self-control for life-long accountability, positive decision-making and wellness.

Through your support, this innovative program is bringing girls a life-long discipline of yoga and creative expression to guide them toward accountability, well-being, fulfillment and joy.

We are so grateful for the generous and consistent support of our community. Thank you for a wonderful year—for believing in our girls and championing our work. Namaste!

With deep gratitude,
Lisa Pedersen
Executive Director