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

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Educational Policy Specialist, Cert. Yoga Teacher
Dede Barsotti, Treasurer
Chief Administrative Officer, Radar Partners
Jennifer Friedman, Secretary
Partner, Jorgenson, Siegel, McClure & Flegel
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Owner Vibe Yoga Studio, Cert. Yoga Teacher
Michele Kirsch
Women’s Advocate, Philanthropist

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Executive Director
Mary Lynn Fitton
Founder/Director of Programs

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Youth Advisors
Rocsana Enriquez
Danielle Robinson

Office Address
Sobrato Center for Nonprofits - Redwood Shores
330 Twin Dolphin Drive, Suite 131
Redwood City CA 94065
(650) 924-9222

Mailing Address
555 Bryant Street #232, Palo Alto CA 94301
web: www.theartofyogaproject.org
email: office@theartofyogaproject.org

Annual Report
2015
Nothing Beyond Her Reach
self-awareness, self-respect & self-control

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, 2015
[unaudited]

<table>
<thead>
<tr>
<th>Assets</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
<td>$ 378,947</td>
</tr>
<tr>
<td>Fixed Assets, Net</td>
<td>1,473</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$ 380,420</strong></td>
</tr>
</tbody>
</table>

| Net Assets -Unrestricted     | $ 380,420      |

### Statement of Activities for the Year Ended June 30, 2015
[unaudited]

<table>
<thead>
<tr>
<th>Revenue</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Contributed</td>
<td></td>
</tr>
<tr>
<td>Foundations and Corporations</td>
<td>$ 225,210</td>
</tr>
<tr>
<td>Individuals</td>
<td>36,659</td>
</tr>
<tr>
<td>Public Funding</td>
<td>184,349</td>
</tr>
<tr>
<td>Other (Events)</td>
<td>4,150</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$ 484,567</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Expenses</td>
<td>$ 377,391</td>
</tr>
<tr>
<td>Management and Administrative Expenses</td>
<td>78,574</td>
</tr>
<tr>
<td>Fundraising Expenses</td>
<td>21,811</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$ 477,776</strong></td>
</tr>
</tbody>
</table>

| Total Increase in Net Assets | $ 6,800        |
| Net Assets, Beginning Year  | 373,620        |
| Net Assets, End of Year     | **$ 380,420**  |

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The Art of Yoga Project is a 501(c)(3) non-profit organization.

TaxID Number: 20-2448697

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## Major Contributors

**July 1, 2014 - June 30, 2015**

- **$10,000 and above**
  - Franklin & Catherine Johnson
  - Gordon & Betty Moore Foundation
  - May and Stanley Smith Charitable Trust
  - Nancy & DiLoise Montgomery
  - Quest Foundation
  - SV2
  - Yoga Dana Foundation
  - YWCA of the Mid-Peninsula Donor Advised Fund of The Women's Foundation of CA

- **$1,000 to $9,999**
  - Rebecca & John Bara
  - Dedie & Mike Barott
  - Michelle Cale & Duncan Greatwood
  - Anne & Terry Clark
  - Carla Calloberon & Scott Greenberg
  - Frances and John Morse Charitable Fund
  - Susan & Joel Hyatt
  - Kalliopeia Foundation
  - Steven & Michele Kirsch Fund
  - Macy’s/Bloomingdale’s
  - Mary Louise Cook Foundation
  - Palo Alto Community Fund
  - Julie & Bob Riconini
  - Dawn & Barrett Salt
  - Sutanto Family Fund
  - Silicon Valley Community Foundation
  - Sophie and Arthur Broody Foundation
  - The Herb Block Foundation
  - Kelli & Stefan Tomlinson
  - Valerie Beth Schwartz Foundations
  - van LiebenSels/Bermelecky Foundation

- **$500 to $999**
  - John Sanchez
  - Carol Schmiedeberg
  - Cara Schmitt
  - Ashley Schmidt
  - Ethel Schulte
  - Staci Schneider
  - Tricia Schut
  - Nancy Schuman

- **$100 to $999** (cont.)
  - lululemon athletica
  - julie Lythcott-Haims
  - Judith Marcus
  - Ed Massey
  - Angela McGarrell
  - Jeffrey McCormack
  - Gina & David Miles
  - Susan & Patrick Mooney
  - Elizabeth & Mark Moragne
  - Susan Morey
  - Robert Most
  - Rebecca Navsman
  - Anne O’Brien
  - Barbara Ostby
  - Hans Raillard
  - Razoo Foundation
  - John Sanchez
  - Gail Schiffman
  - Carolyn & William Schmaardo
  - Martita Soualam-Vargas
  - Felicia Shermin
  - Joan & Jack Simon
  - The Benevity Community Fund
  - Patricia Tobin
  - Lisa Van Dusen & John Kelley
  - Mary Vyna
  - Vibe Yoga LLC
  - Lisa Yogev-Levin & Peter Levin
  - Brandi & Gerald Walters
  - Matt Williams
  - Katrina Woodworth & Granger Marburg
  - In Kind Donations
  - William Brown
  - Good Sports
  - Joey’s Corner
  - National Charity League-Saratoga/Los Gatos
  - Kim Shterher
  - The Sobrato Family Foundation
  - Vibe Yoga Studio
  - VibeSource Palo Alto
  - Liza Zassenhaus

- **$100 to $999**
  - Meredith Ackley
  - Nahid Alinazee
  - Colleen Brennan
  - Barbara & William Busse
  - Lynda Callaghan & Adam Weiss
  - Kristine Cannon
  - Patricia Cavalleri
  - Patrick E. Chang & Warren J. Packard
  - Amit Chaudhary
  - Sacha Constantine & Suzanne Delhancan
  - Tina & Paul Gross
  - Nora DoyyesVinggola
  - Eileen Fisher, Inc
  - Sean Eiron
  - Sally & Craig Falkenhagen
  - Virginia & Donald Fitt
  - James Forbes, Urban Properties
  - Diana & Freeman Ford
  - Jennifer H. Friedman
  - Beth Fuller
  - Nicole Gurratt & Eric Schulman
  - Carole Harlow
  - Nancy Hassen
  - Helmut Wolfgang/Schumann Foundation
  - Elizabeth Joseph
  - Rich Kelley
  - Carol Kloplus
  - MegLacy & Jeff Berkès
  - Katharine & Ron Langel
  - Linda Le Foundation - California

Thank you to all of our dedicated mentors, volunteer yoga instructors/art educators who generously donate their time.

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Dear Friends,

During the past year, The Art of Yoga Project served over 700 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