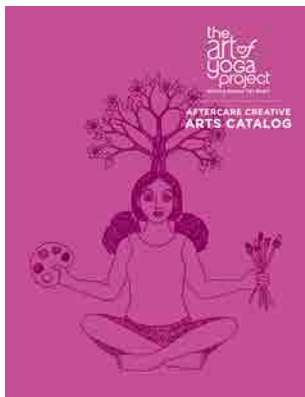
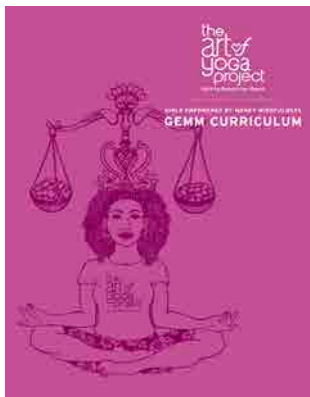
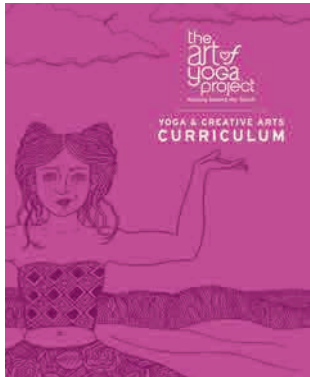


Programs Overview

- 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

self-awareness,
self-respect &
self-control



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email: office@theartofyogaproject.org

the art of yoga project

Nothing Beyond Her Reach

Annual Report 2015



*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]

Assets	
Cash and Cash Equivalents	\$ 378,947
Fixed Assets, Net	1,473
	<u>\$ 380,420</u>
Net Assets -Unrestricted	<u>\$ 380,420</u>

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

Revenue	
Contributed	
Foundations and Corporations	\$ 225,210
Individuals	36,659
Public Funding	184,349
Other (Events)	4,150
	<u>450,368</u>
Earned	
In-Kind	11,538
	22,670
	<u>\$ 484,576</u>
Expenses	
Program Expenses	\$ 377,391
Management and Administrative Expenses	78,574
Fundraising Expenses	21,811
	<u>\$ 477,776</u>
Total Increase in Net Assets	\$ 6,800
Net Assets, Beginning of Year	373,620
Net Assets, End of Year	<u>\$ 380,420</u>

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

Tax ID Number: 20-2448697

The Art of Yoga Project would like to recognize all of our dedicated yoga instructors, art & writing educators, mentors, ambassadors, Advisors and Board of Directors — many whom generously donate their time, expertise, and talent to this work.

Major Contributors July 1, 2014 - June 30, 2015

\$10,000 and above

Franklin & Catherine Johnson
Gordon and Betty Moore Foundation
May and Stanley Smith Charitable Trust
Nancy & DuBose 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
Dede & Mike Barsotti
Michelle Cale & Duncan Greatwood
Anne & Terry Clark
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Frances and John Morse Charitable Fund
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Kalliopeia Foundation
Steven & Michele Kirsch Fund
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Mary Louise Cook Foundation
Palo Alto Community Fund
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Dawn & Barrett Saik
Santullo Family Fund
Silicon Valley Community Foundation
Sophie and Arthur Brody Foundation
The Herb Block Foundation
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Valerie Beth Schwartz Foundation
van LöbenSels/RembeRock Foundation

\$100 to \$999

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Katharine & Ron Lang
Links for Life Foundation - California

\$100 to \$999 (cont.)

lululemon athletica
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Brandi & Gerald Walters
Matt Williams
Katrina Woodworth & Grainger Marburg

In Kind Donations

William Brown
Good Sports
Joey's Corner
National Charity League-
Saratoga/Los Gatos
Kim Shetter
The Sobrato Family Foundation
Vibe Yoga Studio
YogaSource Palo Alto
Liza Zassenhaus

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



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

Lisa Pedersen
Executive Director

While we work to assure the accuracy of our donor information, we apologize if any name has been inadvertently misspelled or overlooked. Please contact office@theartofyogaproject.org with corrections.