

## Programs Overview

- Providing strength-based, trauma-informed, gender-responsive intervention programs to at-risk, exploited and incarcerated youth in San Francisco, San Mateo, Santa Clara, Alameda and Sacramento Counties
- Yoga and Creative Arts Curriculum combines character development, health education, yoga, meditation, creative arts and writing
- Additional Curricula: Wise Inside, Girls Empowered Through Money Mindfulness, Aftercare Creative Arts Catalog, Affiliate Wise Inside Essentials, Wise Inside for Boys
- Continuum of care from juvenile halls and rehabilitation facilities to aftercare sites
- 80+% of youth consistently report improvements in interpersonal skills, pro-social behavior; and emotional regulation outside of class



self-awareness,  
self-respect &  
self-control

## Board of Directors

AMY SANTULLO, CHAIR  
REBECCA PADNOS ALTAMIRANO, TREASURER  
JENNIFER FRIEDMAN, SECRETARY  
SINGMAY CHOU  
MICHELE KIRSCH  
KELLI TOMLINSON  
REBECCA HORSLEY BARA, EMERITUS  
DEDE BARSOTTI, EMERITUS

## Key Staff

LISA PEDERSEN  
Executive Director/Chief Operations Officer  
MARY LYNN FITTON  
Founder/Director of Programs

## Advisory Board

DIANNE BONDY  
Social Justice Activist, Yoga & Body Image Expert,  
LESLIE BOOKER  
Social Justice, Mindfulness & Cultural Responsivity Expert  
STEPHANIE S. COVINGTON, PHD, LCSW  
Co-Director Institute for Relational Development and the Center for Gender and Justice  
REBECCA EPSTEIN, JD  
Executive Director, Center on Poverty & Inequality, Georgetown Law  
FAITH HUNTER  
Yoga & Mindfulness Expert  
GISELLE MARI  
Advanced Certified Jivamukti Yoga Teacher  
KELLY MCGONIGAL, PHD  
Past Editor in Chief, International Journal of Yoga Therapy, Health Psychologist, Lecturer, Author  
DR. BRUCE PERRY, MD, PH.D  
Founder and Senior Fellow of The Child Trauma Academy  
DESIRÉE RUMBAUGH  
Anusara Yoga and Fitness Expert  
DR. MELANIE TERVALON, MD, MPH  
Pediatrician, Cultural Humility Expert

## Youth Advisors

ROCSANA ENRIQUEZ  
DANIELLE ROBINSON  
SADIE WASHINGTON

## Office Address

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

## Mailing Address

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the  
art of  
yoga  
project

Nothing Beyond Her Reach

## Annual Report 2020



*Working to end cycles of  
violence and victimization  
for marginalized and system-  
involved youth*

# Financials

## Statement of Financial Position as of June 30, 2020 [unaudited]

<b>LIABILITIES</b>	
PPP Loan	\$ 60,000
Total Liabilities	60,000
<b>NET ASSETS</b>	
Unrestricted	528,299
Temporarily Restricted	30,000
Total Net Assets	\$ 558,299
<b>TOTAL LIABILITIES &amp; NET ASSETS</b>	<b>\$ 618,299</b>

## Statement of Activities for the Year Ended June 30, 2020 [unaudited]

<b>REVENUE</b>	
Contributions	\$ 377,741
Public Funding	283,959
In-Kind	34,302
Event Income	9,500
Dividend Income	632
Total Revenue without Restrictions	\$ 706,134
<b>EXPENSES</b>	
Programs	542,992
Management and Administrative	69,035
Fundraising Expenses	34,276
	\$ 646,303
Increase (Decrease) in Net Assets	59,831
<b>TEMPORARILY RESTRICTED NET ASSETS</b>	
Contributions	30,000
Increase in (Decrease) in Restrictions Net Assets	30,000
<b>NET ASSETS, BEGINNING OF YEAR</b>	<b>468,468</b>
<b>NET ASSETS, END OF YEAR</b>	<b>\$ 558,299</b>

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

## Major Contributors July 1, 2019 - June 30, 2020

**\$20,000 and above**  
The Aurora Fund  
Leslie Ballinger  
Franklin & Catherine Johnson Foundation  
Steven and Michele Kirsch Fund  
Nancy & DuBose Montgomery  
QUEST Foundation  
Santullo Family Fund  
Tomlinson Family Foundation

**\$10,000 to \$19,999**  
Intero Foundation  
VBS Foundation  
Violet World Foundation  
W. Bruce Cook and Mary Louise Cook Fdn  
Yoga Dana Foundation  
YWCA of the Mid-Peninsula Fund  
Alice Shaver Foundation

**\$1,000 to \$9,999**  
Alba Alamillo  
Alice Shaver Foundation  
Anonymous  
Eliza Bara & Paige Bara  
Deirdra & Michael Barsotti  
Yvette Bovee  
Christiane Brems  
Michelle Cale  
Lydia Callaghan  
Singmay Chou  
Anne D and Walter B Clark  
Coxe Fund  
Tammy Crown  
Carla Culbertson & Scott Greenberg  
Elizabeth Dressel  
Zoe Evans  
Kit & Craig Gibbs  
Golob Family Fund  
Goodwill Silicon Valley  
Anne & Eric Harrison  
Gloria & Phil Horsley  
Shikha Hutchins  
Rajul & Alpesh Kadakia  
Rich Kelley  
Kenyon Family Fund  
Meg Lacy & Jeff Berkes  
Connie and Bob Lurie  
Katherine MacFarquhar  
Wendy & Tim McAdam  
Kathy McGlynn  
Bridget McIver  
Laurel & Steven Miranda  
Annelise Cooney Mora  
The Morrison & Foerster Foundation  
Frances & John Morse  
Neukermans Family Fund  
Palo Alto Weekly Holiday Fund  
Jane Rytina  
Gladys & Norman Sanguinetti

**\$1,000 to \$9,999 (cont.)**  
Amelia Schultz & Jason Werlin  
Sophie and Arthur Brody Foundation  
Steven B. Achelis Foundation  
Kathleen and John Sweazey  
Cornelia Tierney

**\$400 to \$999**  
Pam & Tom Adams  
Archana Appanna & Vijay Srinivasan  
Jill Aufricht  
Rebecca & John Bara  
Catherine Boyle  
Martha & Paul Chamberlain  
Suzanne Delbanco & Sachu Constantine  
Abbie Dorosin & Dan Rich  
Alice & Robert Fenton  
Virginia Fitton  
Colleen Foraker  
Kit Gordon  
Megana & Jinnah Hosein  
Virginia Hull  
Ashley Hunter  
Catherine & Richard Lehrberg  
Jill & Deane Malott  
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Megan Michael  
Gina & David Milne  
Timi & Robert Most  
Peacebank Yoga  
Lisa Putnam  
Carolyn & William Schmarzo  
Barbara Schneider  
Laurie Shelton  
Jane Solomon  
Lisa Stanger  
Tuong-Vy Ton  
Teri & Mark Vershel  
Volckmann Family Foundation  
Elizabeth Weingart

**In-Kind Goods & Services**  
Baptiste Power Yoga Silicon Valley  
William Brown  
Katrien Burlinson  
Faith Chiang  
Gallery X?X  
Gratitude Giving Circle  
Wendy Gwyn  
Shikha Hutchins  
Allison Kroeger  
lululemon, Palo Alto  
Amy Outman  
Peace à Porter  
Desire Rodriguez  
Sobrato Family Foundation  
Kris Wolcott  
Liza Zassenhaus

The full donor list can be found on our website. While we work to assure the accuracy of our donor information, we apologize if any name has been inadvertently misspelled or overlooked.



Over the past fifteen years, The Art of Yoga Project has served over 10,000 marginalized youth in our local detention and rehabilitation centers, substance abuse recovery settings, agencies serving CSEC (commercially sexually exploited children), Level-14 facilities (for youth with high psychiatric needs), alternative high schools and schools in gang-impacted communities. We provide developmentally-appropriate, gender-responsive and culturally sensitive rehabilitative services through an intervention that combines yoga and creative arts.

Life in the midst of a pandemic has taught us to expect the unexpected. We are living in extraordinary times and the persistent health, safety, and economic inequalities present in our society are painfully exposed. In March, we responded immediately to COVID-19 by transitioning our services to online, live streamed, and recorded classes – a new and challenging approach for our teachers and the youth. We are adjusting to this new distance-learning model and continue to seek creative ways to best meet the needs of our youth safely and effectively.

One thing has become abundantly clear – we are all in this together. We have come to depend especially on the values we teach at The Art of Yoga Project – resilience, creativity, compassion and dedication. For the marginalized youth we serve there is even more isolation and an inability to access key resources. We know youth need our support now more than ever. We remain committed to provide support, connection and care by teaching the tools marginalized youth in our community need to become empowered, accountable and healthy.

We miss physically coming together to see and connect with our students, with our fellow teachers, and with you, our friends and supporters. We look forward to being able to do that soon. In the meantime, we hold you all in our hearts.