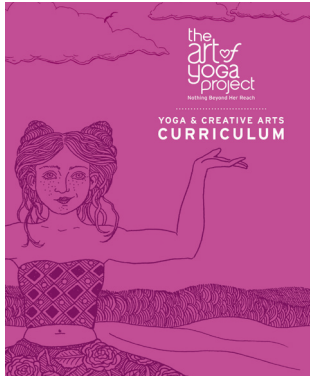
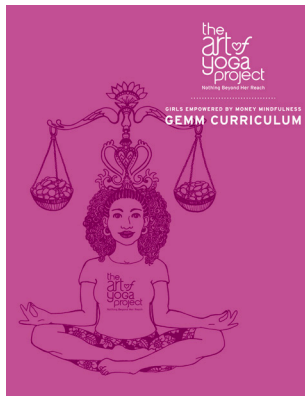


Programs Overview

- 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



"I feel more aware and mindful of everything after yoga."

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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

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

the
art of
yoga
project

Nothing Beyond Her Reach

Annual Report 2016



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

Financials

Statement of Financial Position as of June 30, 2016 [unaudited]

Assets

Cash and Cash Equivalents	\$ 406,791
Fixed Assets, Net	243
	<u>\$ 407,034</u>

Net Assets -Unrestricted

\$ 407,034

Statement of Activities for the Year Ended June 30, 2016 [unaudited]

Revenue

Contributed	
Foundations and Corporations	\$ 251,657
Individuals	96,391
Public Funding	209,531
Other (Events)	8,770
	<u>566,349</u>
Earned	
In-Kind	6,364
	26,377
	<u>\$ 599,090</u>

Expenses

Program Expenses	\$ 461,065
Management and Administrative Expenses	82,705
Fundraising Expenses	28,706
	<u>\$ 572,476</u>

Total Increase in Net Assets	\$ 26,614
Net Assets, Beginning of Year	380,420
Net Assets, End of Year	<u>\$ 407,034</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 volunteers, mentors, 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, 2015 - June 30, 2016

\$10,000 and above

Franklin & Catherine Johnson Foundation
Kalliopeia Foundation
Nancy and DuBose Montgomery
Namaste Foundation
Pat House Foundation
QUEST Foundation
Santullo Family Fund
SV2
SVCF Donor Circle for the Arts
Kelli and Steffan Tomlinson
Yoga Dana Foundation
YWCA of the Mid-Peninsula Donor Advised Fund of The Women's Foundation of CA

\$1,000 to \$9,999

Pam and Tom Adams
Rebecca and John Bara
Dede and Mike Barsotti
Lisa Benatar
Destinee and Seth Berman
Michelle Cale and Duncan Greatwood
Norrie and Robert Cavallero
Connie and Bob Lurie Foundation
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Urban Properties
Valerie Beth Schwartz Foundation
Van Loben Sels/Rembe-Rock Foundation
W. Brice and Mary Louise Cook Foundation
Michelle Wong

\$200 to \$999

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Sally and Craig Falkenhagen

\$200 to \$999 (cont.)

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Nicole Garratt and Eric Schulman
Barbara Goodrich
Loren Gordon
Nancy Hassen
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Tara Kaplinsky
Rich Kelley
Frances Hall Kieschnick
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Ronette Watson
Whiteside Management, LLC
Katrina Woodworth and Grainger Marburg
Emily Wu and Drew Hoffman
Yoga Belly
Nancy Yu and Jeffrey Marks



Dear Friends,

Over the past ten years The Art of Yoga Project has served 5000+ teen girls in our community by providing developmentally-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/COO

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.