**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
- **Jennifer Friedman, Secretary**
  Partner, Jorgenson, Siegel, McClure & Flegel
- **Rebecca Horsley Bara**
  Owner, Vibe Yoga Studio, Cert. Yoga Teacher
- **Michele Kirsch**
  Women’s Advocate, Philanthropist

**Key Staff**

- **Lisa Pedersen**
  Executive Director/COO
- **Mary Lynn Fitton**
  Founder/Director of Programs

**Advisory Board**

- **Dianne Bondy**
  Social Justice Activist, Yoga & Body Image
- **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, Ph.D**
  Past Editor in Chief, International Journal of Yoga Therapy, Health Psychologist, Lecturer, Author
- **Dr. Bruce Perry, MD, Ph.D**
  Founder and Senior Fellow, 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**

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

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**“I feel more aware and mindful of everything after yoga.”**
Financials

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

Assets
Cash and Cash Equivalents $ 406,791
Fixed Assets, Net 243
$ 407,034

Net Assets-Unrestricted $ 407,034

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

Revenue
Contributed
Foundations and Corporations $ 251,657
Individuals 96,380
Public Funding 209,531
Other (Events) 8,770
566,449

Earned 6,364
In-Kind
John Sanchez 26,377
Glades Sangiulli $ 599,090

Expenses
Program Expenses $ 461,065
Management and Administrative Expenses 82,705
Fundraising Expenses 28,706
$ 572,476

Total Increase in Net Assets $ 26,614
Net Assets, Beginning of Year 380,420
Net Assets, Beginning of Year $ 407,034

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

Major Contributors
July 1, 2015 - June 30, 2016

$1,000 and above
Franklin & Catherine Johnson Foundation
Kallipedia Foundation
Nancy and DuBose Montgomery
Namaste Foundation
Pat House Foundation
QUEST Foundation
Santullo Family Fund
SV2
SVCF Donor Circle for the Arts
Kelli and Stefan 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 Grasselle
Gloria and Bob Librie Foundation
Carla Calhoun and Scott Greenberg
Dudley T. Dougherty Foundation, Inc.
Jennifer H. Friedman
Hermestta Aigner and John Baldwin
Family Foundation
Gloria and Phil Horsley
Kari and Mike Kirk
Amelice Comoy Mora
Robert Moat
Rizzo Foundation
Julie and Bob Riccomini
John Sanchez
Sangiulli, Gladys
Sophie and Arthur Body Foundation
Steven and Michele Kirsch Fund
SVCF-Palo Alto Weekly Holiday Fund
Kathleen and John Sweeney
Scott Tirney
Urban Properties
Valerie Beth Schwartz Foundation
Van Loben Sels/Rembe-Rock Foundation
W. Brie and Mary Louise Cok Foundation
Michelle Wong

$200 to $999
Meridith Ackley
Veronica Agosta
The Andrews Family Fund
Leslie Ballinger
Liza Baskin
The Benevity Community Fund
Lisa Berentsen
Betty Blue Inc.
Anjanneet Bisel-Heller
Lori Buecheler
Patrick E. Chang and Warren J. Packard
Karen Cleage
Suzanne Delanco and Sachu Constantine
Divine Abundance, LLC
Sean Erick
Sally and Craig Falkenhagen

$200 to $999 (cont.)
Diana and Freeman Ford
Mary Gallagher
Nicolle Garratt and Eric Schulman
Barbara Goodrich
Loren Gordon
Nancy Hassan
Sharon and Tyler Hoffman
Tara Kaplansky
Rich Kelley
Frances Hall Kieschmidt
Liz Kornman
Philip Kurian
Anne Langand Harrison J. Frain
Katherine and Ron Lang
Bren Leisure
Teresa Lodell
J.ulelemon athletica
Lynda Magill
Anna Mansvani
Lacey and Jim Marchetti
Judith Marcus
Angela McGarrell
Kathy McGlynn
Simah Mehroth
Gina and David Milne
Linda Mooreing
Susan Morey
Christina Moser
Diana and Martin Neiman
Perla Nic
Dianne and Michael O’Donnell
Lynne Olson
Barbara O'Tyu
Kathy and Rick Pabst
Kara Park
Ximeira Pavlik
Peacebank Yoga
Buffy and Alex Poon
Keith Purdy
Aisha Quaintance
Hans Raillard
Richard C. & Barbara C. Van Dusen
Family Fund
Carey Richardson
Nimle Richardson
Kathryn H. Hinkle-Ritchey
Madeleen Rosetti
Jane Rytina
Carolyln and William Schmararo
Lylea Scott
Seaver Institute
Kim Shertzer
Joan and Jack Simon
Stacks of Campbell
Stacks of Redwood City
Lucy Stapleton
Cynthia and Jeffrey Traum
Tina Vastrella
Sima Mehrbod
Kathy McGlynn
Angela McConnell
Judith Marcus
Lacey and Jim Marchetti
Lynn Magill
lululemon athletica
Teresa Lobdell
Kelli and Steffan Tomlinson
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Pat House Foundation
Namaste Foundation
SVCF Donor Circle for the Arts
Kelli and Stefan Tomlinson
Yoga Dana Foundation
YWCA of the Mid-Peninsula Donor Advised Fund of The Women’s Foundation of CA

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
Executive Director/CEO

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.