

## Program Outcomes

The Art of Yoga Project's gender-responsive programming combines Yoga, visual arts, and creative writing to help at-risk teenage girls create new, positive identities and a better future for themselves.

Since beginning the program, over 90% of girls self-report using tools for emotional regulation outside of class, as well as improvement in interpersonal skills, pro-social behavior, self-awareness and self-respect.

self-awareness,  
self-respect &  
self-control



Subject: Yoga at Camp Kemp

"Just looking at your website - it really brings back memories. In juvenile hall I took [AYP] yoga classes I really enjoyed it. I am so happy for this program. I would like to get involved with you... to help young girls change their life around like it did to me. Now I'm going to school for criminal justice and want to help young girls succeed in life. I'm happy to see that there is someone out there who cares about these girls. I want to work with them - just emailing to say thank you."

Rocsana E.  
AYP Participant, 2006

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### 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](http://www.theartofyogaproject.org)  
email: [info@theartofyogaproject.org](mailto:info@theartofyogaproject.org)

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Nothing Beyond Her Reach

Annual Report 2013



# Financials

Statement of Financial Position as of June 30, 2013  
[unaudited]

Assets	
Cash and Cash Equivalents	\$ 396,017
Fixed Assets, Net	4,412
	<u>\$ 400,429</u>
Net Assets -Unrestricted	<u>\$ 400,429</u>

Statement of Activities for the Year Ended June 30, 2013  
[unaudited]

Revenue	
Contributed	
Foundations and Corporations	\$ 137,744
Individuals	70,491
Public Funding	87,181
	<u>295,416</u>
Earned	
In-Kind	9,655
	19,475
	<u>\$ 324,546</u>
Expenses	
Program Expenses	\$ 235,529
Management and Administrative Expenses	57,466
Fundraising Expenses	15,500
	<u>\$ 308,495</u>
Total Increase in Net Assets	\$ 16,051
Net Assets, Beginning of Year	384,378
Net Assets, End of Year	<u>\$ 400,429</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 its dedicated yoga instructors, art & writing educators, mentors, ambassadors, advisors and Board of Directors - many who generously donate their time, expertise and talent to this work.

## Major Contributors Jul 1, 2012 - Jun 30, 2013

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PS Engelking, LLC  
Kim Shetter  
The Sobrato Family Foundation



Dear Friends,

Thank you for helping us make a difference in the lives of at-risk girls!

During the past year, The Art of Yoga Project (AYP) served over 500 incarcerated and exploited teen girls in our community. Our gender-specific rehabilitation programs use a holistic, trauma-informed approach to promote self-awareness, self-respect and self-control. We send specially-trained yoga teachers and art educators into juvenile detention centers and rehabilitation facilities to teach our strength-based intervention programs. We currently have 10 service sites, half in juvenile detention centers and half as part of aftercare programming in collaboration with mental health agencies to ensure long-term success.

Engagement of the girls requires special training and techniques, experience and wisdom. We look at the whole girl, teaching her self-awareness (addressing the disconnect between body and mind), self-respect (healing past trauma and building self-worth), and self-control (identifying strong emotions and integrating a critical pause between feeling, thinking and doing). Our amazing staff are grounded role models who consistently "show up" for the girls making them feel safe, respected and valued. Most importantly, we encourage girls to notice and monitor their own responses (both internally and externally) to the practices. Even the most resistant girls eventually recognize the positive effects of the yoga, meditation and creative expression practices. Over time the girls themselves become advocates for the program and encourage each other to engage.

Because you too "show up" for AYP we have achieved impressive results! With yoga and personal expression each girl forms a new positive identity that she can carry into her future. Instead of her core identities of "troubled", "juvenile delinquent" or "victim", she becomes an empowered artist, athlete, writer, painter, poet and productive member of our community.

Thank you for believing in our girls and championing our work.

Namaste!

With deep gratitude,

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 [info@theartofyogaproject.org](mailto:info@theartofyogaproject.org) with corrections.