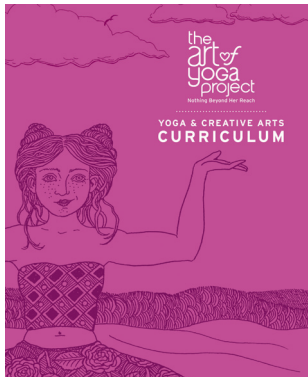


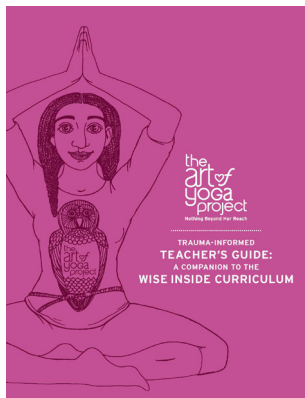
## Programs Overview

- Providing a strength-based, trauma-informed, gender-responsive intervention program to at-risk, exploited and incarcerated adolescent girls 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, and the Aftercare Creative Arts Catalog
- Continuum of care from juvenile halls and rehabilitation centers to aftercare sites
- 80+% of girls consistently report improvements in interpersonal skills, pro-social behavior, and emotional regulation outside of class



self-awareness,  
self-respect &  
self-control

*“When I practice yoga I feel whole, I feel nothing is beyond my reach”*



## 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/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

555 Bryant Street #232, Palo Alto CA 94301  
web: [www.theartofyogaproject.org](http://www.theartofyogaproject.org)  
email: [office@theartofyogaproject.org](mailto:office@theartofyogaproject.org)

the  
art of  
yoga  
project

Nothing Beyond Her Reach

## Annual Report 2017



*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, 2017 [unaudited]

<b>Net Assets</b>	
Cash and Cash Equivalents	\$ 443,106
Accounts Payable	(3,532)
<b>Net Assets -Unrestricted</b>	<u>\$ 439,574</u>

## Statement of Activities for the Year Ended June 30, 2017 [unaudited]

<b>Revenue</b>	
Contributed	
Foundations	\$ 247,753
Corporations	11,833
Individuals	77,605
Public Funding	242,493
	<u>579,684</u>
Earned	5,959
In-Kind	29,927
	<u>\$ 615,570</u>
<b>Expenses</b>	
Program Expenses	\$ 493,978
Management and Administrative Expenses	71,029
Fundraising Expenses	18,023
	<u>\$ 583,030</u>
<b>Total Increase in Net Assets</b>	\$ 32,540
<b>Net Assets, Beginning of Year</b>	407,034
<b>Net Assets, End of Year</b>	<u>\$ 439,574</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, 2016- June 30, 2017

### \$10,000 and above

Alice Shaver Foundation  
Franklin & Catherine Johnson Foundation  
Kalliopeia Foundation  
Steven and Michele Kirsch Fund  
The Montgomery Family Foundation  
hope & grace fund  
QUEST Foundation  
Ruddie Memorial Youth Foundation  
SV2

### \$1,000 to \$9,999

Pam and Tom Adams  
Rebecca and John Bara  
Dede and Mike Barsotti  
The Benevity Community Fund  
Destinee and Seth Berman  
Norrie and Robbie Cavallero  
Anne and Walter Clark  
Dudley T. Dougherty Foundation, Inc.  
Eileen Fisher, Inc.  
Frances and John Morse Charitable Fund  
Jennifer H. Friedman  
The Greatwood Cale Family Charitable Fund  
Leo Buscaglia Foundation  
Connie and Bob Lurie Foundation  
The Morrison & Foerster Foundation  
Pacific Gas & Electric Company  
Julie and Bob Riccomini  
Gladys Sanguinetti  
Santullo Family Fund  
The Sobrato Family Foundation  
Sophie and Arthur Brody Foundation  
Tomlinson Family Foundation  
VBS Foundation  
W. Bruce Cook and Mary Louise Cook Fdn

### \$200 to \$999

The Emily Benatar Foundation  
Anjanette Bixel-Heller  
Martha Chamberlain  
Suzanne Delbanco and Sachu Constantine  
Sean Eirich  
Virginia and Donald Fitton  
Diana and Freeman Ford  
Harrison J. and Anne Lang Frahn  
Thomas Harrison  
Rich Kelley  
Katharine and Ron Lang  
Amy Larson  
Kallol Mandal  
The George and Judy Marcus Family Fdn  
Vickie Martin  
David McLoughlin  
Angela McConnell  
Gina and David Milne  
Susan and Patrick Mooney  
Susan Morey  
Robert Most  
Barbara Ostby  
Anne Peterson  
Rastika Reemal Prasad  
Hans Raillard  
Razoo Foundation

### \$200 to \$999 (cont.)

Seaver Institute  
Charles Smith  
Patricia Tobin  
Cynthia and Jeffrey Traum  
Unitarian Universalist Fellowship  
The Teri and Mark Vershel Fund  
Vibe Yoga Studio  
Volckmann Family Foundation  
Elisabeth Waymire  
Monique Wright-Gory

### up to \$199

Kurt and Rayme Adzema  
Kim Ahrens  
Amazon Smile  
Marilee Anderson  
Amy and Kern Beare  
Patricia and Lawrence Briscoe  
Laurie Burmeister  
Barbara & William Busse  
Becky Chambers  
Abbie Dorosin & Dan Rich  
Lisa Durham  
Nora Dwyer-Ingoglia  
Sydney Emerson  
Sally and Craig Falkenhagen  
Alice and Robert Fenton  
Betsy Franco  
glassybaby white light fund  
Good Search/Goodshop  
Kit Gordon  
Carla Gratta  
Martha L. Hawk  
Julie Hughes  
Christina and John Iaquinto  
Tara Kaplinsky  
Phyllis Kidd  
Barbara Kresse  
The Leaders Studio  
Kimberly Lyon  
Lynn Magill  
Marsha Marshall  
Jeannine Meidinger  
Members Give Powered by JustGive  
Elizabeth and Mark Moragne  
Namaste Foundation  
Anne O'Brien  
The Orpheus Fund  
Evan Partch  
Debra Ann Perry  
Linda Porter  
Wesleigh Roeca  
Kathryn Shade  
Felicia Shermis  
Christina Shock  
Joan and Jack Simon  
Lindsay Smith  
Elizabeth Traubman  
Nancy and Paul Valentine  
Thoa and Ron van Seventer  
Adele and Stephen Vernon  
Brandi and Gerald Walters  
Lydia Callaghan and Adam Weiss  
Amanda Weitzel



Dear Friends,

*The Art of Yoga Project has served 6000+ girls in our community by providing developmentally-appropriate, gender-responsive and culturally sensitive rehabilitative services through an intervention that combines yoga and creative arts.*

*We serve marginalized girls in detention and rehabilitation centers, substance abuse recovery settings, agencies serving CSEC (commercially sexually exploited children), Level 14 facilities (for girls with high psychiatric needs), alternative high schools and high schools in gang-impacted communities. Many of the girls have experienced severe and chronic trauma.*

*We published our Wise Inside curriculum this year which is the result of over a decade of experience teaching mindfulness-based practices to girls in the juvenile justice system. It is significantly influenced by shared learnings from our partners in mental health, probation, the judiciary and education. It combines gender-responsive best practices with trauma-sensitive yoga, developmental assets for healthy adolescent maturation and contemporary neuroscience research on developmental trauma and the brain.*

*We understand the effects of trauma on the girls' current behaviors. Our Wise Inside principles enable us to respond appropriately with a method that utilizes somatosensory integration and self-regulation to avoid the retriggering of trauma. We create a safe, therapeutic environment for healing, empowerment, and well-being.*

*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.