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”
Financials

Statement of Financial Position as of June 30, 2017
[unaudited]

Net Assets
Cash and Cash Equivalents $ 443,106
Accounts Payable (3,532)
Net Assets -Unrestricted $ 439,574

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

Revenue
Contributed
- Foundations $ 247,753
- Corporations 11,833
- Individuals 77,605
- Public Funding 242,493
- Earned $ 5,959
- In-Kind 29,927
- Total $ 615,570

Expenses
- Program Expenses $ 493,978
- Management and Administrative Expenses 71,029
- Fundraising Expenses 16,505
- Total $ 583,412

Total Increase in Net Assets $ 32,540
Net Assets, Beginning of Year 407,034
Net Assets, End of Year $ 439,574

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

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 4 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
Executive Director/COO