

## Overview

The Art of Yoga Project primarily serves system-involved girls in California's San Francisco Bay Area juvenile justice systems. We send specially-trained yoga teachers and creative arts educators into juvenile detention centers and rehabilitation facilities to teach our proprietary, gender-responsive, mindfulness-based program to promote girls' self-awareness, self-respect and self-control. Since our inception in 2005, we have served 8,000+ adolescent girls and young women. Today, we provide over 1,000 hours of programming annually in short and long-term detention and rehabilitation centers as well as in 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.

## National Affiliate Pilot Grant

We are currently looking for organizations who are interested in taking our model beyond these borders to establish a presence in their community through our National Affiliate Pilot. Our vision is to make a very real impact on our country's juvenile justice, education and social service systems, by providing a new approach for the rehabilitation of at-risk, incarcerated and exploited girls.

If you work with adolescent girls and are interested in participating in our a National Affiliate Pilot we invite you to submit an National *Affiliate Pilot Grant Application*. Please let us know by email if you plan to submit an application, so that we can send you additional information that may help you complete your application and answer any open questions.

***The Affiliate Pilot Grant Application is due 5 pm PST on January 15, 2019. The application should be sent by email to Lisa Pedersen, Executive Director, at [lisa@theartofyogaproject.org](mailto:lisa@theartofyogaproject.org).*** Organizations will be notified of the outcome of this grant by January 28<sup>th</sup>, 2019. The Pilot period will start February 1, 2019 and run until October 31, 2019 organizations are encouraged to continue the work beyond the pilot period. Multiple organizations will be selected to participate in this pilot.

## About The Art of Yoga Project Model

Our model and proprietary curricula was created with the following basic tenets:

- Yoga and creative arts are essential tools to address the underlying trauma experienced by system-involved girls. These mindfulness-based practices rewire girls' brains for improved self-awareness, self-respect and self-regulation, bringing them out of cycles of violence and victimization and into empowerment.
- Each girl can achieve her full potential. Our curriculum is strength-based, meaning we acknowledge each young woman's past but focus on her present abilities and innate wisdom.
- Girls thrive with a gender-responsive approach. Our curriculum reflects an understanding of the reality of marginalized girls' lives. A growing number of studies show that: (a) girls tend to commit crimes that are minor and nonviolent; (b) are younger when they enter the system, and (c) their path to delinquency usually begins with an abusive family or relationship. Curricula is focused on building healthy relationships with appropriate boundaries.

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- Services should be culturally-responsive. Our curriculum is adaptive to reflect the populations served in order to be relevant, engaging and effective on a local level.
- Teachers should be trained in trauma-sensitive yoga. Our first priority is “do no harm.” Our Teacher’s Guide directs instructors to both plan for and respond appropriately to the manifestations of trauma students present. We highlight techniques to mitigate symptoms and avoid re-traumatization.

**Pilot Organizations Receive:**

If selected as grantee in our National Affiliate Pilot, your organization will receive:

- 1) Training for two people to attend: *Using Yoga and Art to Support and Empower Marginalized Girls: A Workshop for Instructors*. Participants will learn about The Art of Yoga Project's integrated approach to teaching yoga in juvenile detention and other facilities, the value of integrating creative expression into yoga classes, and tips and techniques for understanding and effectively handling issues specific to teen girls.
- 2) License to use our yoga and creative arts curricula and program materials (see Appendix A)
- 3) Phone consultation services with our programming experts

**Pilot Organizations Requirements:**

As a grantee in our National Affiliate Program, your organization will be required to:

- 1) Attend our trauma-informed yoga teacher training: *Using Yoga and Art to Support and Empower Marginalized Girls: A Workshop for Instructors* on March 1-2, 2019. The registration fee is included in the grant, but organizations will be required to pay for their transportation and lodging).
- 2) Deliver 16-20 yoga and creative arts curriculum classes over an 8-10 week period between March 1 through October 1, 2019.
- 3) Find a marginalized population adolescent girls in your community and a space to facilitate the program.
- 4) Provide staff and materials to deliver the program
- 5) Report feedback to us

Enclosed is an overview that provides more information about our yoga and creative arts curricula available to National Affiliates in our pilot program as well as our National Affiliate Pilot Grant application.

If you have questions or suggestions, please don't hesitate to contact me.

Warmly,  
Lisa Pedersen  
Executive Director

## **Appendix A: The Art of Yoga Project: Yoga and Creative Arts Curricula**

Organizations selected as National Affiliates in our pilot will receive a license to utilize the following materials at their site:

### **1) The Yoga and Creative Arts Curriculum**

This is The Art of Yoga Project's first curriculum and the cornerstone of our yoga and arts program. Based on yoga's eight limbs, it honors the rich tradition of yoga while maintaining secularity. The Yoga and Creative Arts Curriculum offers a seasonal (Fall, Winter, Spring) academic approach with a panoply of both individual and group art and writing activities. Published in 2007, the 145 page hardcopy manual includes a complete syllabi for at least 18-24 weeks of instruction (and additional ideas for many more); inspirational quotes and poetry; color photographs of artwork; post-tests for each session; and sample season-end evaluation tools.

### **2) The Art of Yoga Project's Trauma-Informed Teacher's Guide: A Companion to the Wise Inside Essentials Curriculum**

The teacher's guide is meant to be a companion to the Wise Inside Essentials Curriculum. It offers an important neurobiological foundation for working with youth affected by trauma and introduces the Child Trauma Academy's Neurosequential Model of Therapeutics (NMT) which has broadly guided our work. This manual outlines how to teach a trauma-informed class including sequencing, elements to include, a suggested adjustment policy and a sample class. It also contains two NMT Activity Catalogues with (1) sensory-integrating/self-regulating exercises and (2) relational/cognitive exercises

### **3) Wise Inside Essentials Curriculum (WISE):**

WISE is our latest curriculum that 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. The curriculum includes twenty lesson plans combining yoga and creative expression designed to empower teen girls.

WISE classes consist of highly structured activities that teach girls pro-social skills, anger-management and emotional regulation techniques, and healthy alternatives to self-destructive behavior. The curricula takes a unique multi-dimensional approach to help each girl cultivate a discipline to make mature decisions and healthy lifestyle choices in spite of emotional dysregulation, impulsivity, and other behaviors resulting from their traumatic backgrounds.

The program is inclusive for all girls, including those who may be exploring their gender identity and/or sexual orientation.

Wise Inside Essentials classes are best facilitated by a certified yoga teacher with a trauma-informed background and experience working with teens. We recommend selecting an instructor who is representative of the community in which you serve.

Each class is designed to be one hour in length and can be facilitated once or twice a week. Teachers will have a step-by-step guide to lead an appropriately sequenced class including regulating warm-ups, check-in questions, inspirational quotes, discussion guidelines, yoga

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asana sequencing, journaling questions and art projects. Below is a complete list of the themes addressed in the curriculum.

Week	Theme	Activity/Description
1	Introduction to Yoga: <i>How can yoga help me?</i>	Asana, Discussion, Personalize Journals, Pre-Assessment
2	The Power of Breath: <i>What is pranayama?</i>	Asana, Discussion, Breathing with Props, Yoga Deck Card
3	Knowing Ourselves: <i>Healthy boundaries</i>	Asana, Discussion, Adjustment Cards
4	Living with Purpose: <i>How to set an intention</i>	Asana, Discussion, Journaling
5	Growing Healthy Sisterhood: <i>Strength in community</i>	Asana/Feminine Warrior Sequence, Discussion, Yoga Deck Card
6	Managing our Emotions: <i>Meditation 101</i>	Asana, Discussion, Journaling
7	Living Peacefully: <i>Committing to nonviolence</i>	Asana, Discussion, Poetry Writing
8	Celebrating Diversity: <i>Sharing our depth</i>	Asana, Discussion, Iceberg Activity
9	Yoga as Play: <i>Yoga Detective</i>	Asana/Yoga Detective Game
10	Art as Activism: <i>Honoring Kara Walker</i>	Asana, Discussion, Yoga Silhouette Art Project
11	Healthy Choices: <i>Applying Wisdom</i>	Asana, Discussion, Wisdom Flags Group Art Project
12	Building Resilience: <i>Understanding my trauma</i>	Asana, Discussion, Brain Modeling Project
13	Honoring the Feminine: <i>Loving the strong woman within us</i>	Asana, Discussion, Love Letter to Yourself
14	Telling the Truth: <i>The power of words</i>	Asana, Discussion, Journaling
15	Caring for Ourselves: <i>Positive Self-Talk</i>	Asana, Discussion, Self-Talk Bubbles Activity
16	Speaking Out for Social Justice: <i>Honoring Dolores Huerta</i>	Asana, Discussion, Social Justice Tweeting Activity
17	Owning my Future: <i>Unlocking my destiny</i>	Asana, Discussion, Doors of Destiny Activity
18	Compassion for Self and Others: <i>Lovingkindness meditation</i>	Asana, Discussion, Create Group Compassion Meditation
19	Growing Positive Relationships: <i>My ideal community</i>	Asana, Discussion, Journaling, Individual and Collective Collage
20	Claiming What We Know: <i>Reflect, review and renew</i>	Asana, Discussion, Journaling, Post-Assessment

4) Additional Resources:

The Art of Yoga Project has a process of assessing programming on a quarterly basis. We are offering an adapted assessment tool to Affiliates to gather Pre and Post program data.

Affiliates also receive a copy of a Prenatal Letter to be distributed to pregnant participants to ensure safety and comfort of the expectant mother. They will also receive a copy of an Intake Form, which can be distributed to youth at the first class to gather information about gender identity and physical ability to ensure inclusivity for all participants. Additionally, we provide a completion certificate for the youth.

## Appendix B: National Affiliate Pilot Application

Thank you so much for your interest in The Art of Yoga Project National Affiliate Pilot. As a registered National Affiliate you will have access to The Art of Yoga Project's trauma-informed model, *Wise Inside* teacher training guide and our yoga and creative arts curricula to utilize in your program. Please provide the following to us:

Date of Application:

Contact Name/Title:

Legal Name of Organization:

Address of Organization:

Contact Phone number:

Contact Email:

Organization Website:

Is your organization a 501(c)(3) not for profit? Yes \_\_\_\_\_ No \_\_\_\_\_ if no, please explain below.

\_\_\_\_\_

What year was your organization founded? \_\_\_\_\_

Provide your organizations EIN#: \_\_\_\_\_

Total organization budget for last fiscal year: \_\_\_\_\_

Total organization budget for current year: \_\_\_\_\_

Dates covered by this budget (mon/day/year): \_\_\_\_\_

**Please provide brief answers to the following questions (limit your response to a maximum of 5 pages for the following 10 questions).**

- 1) Provide an overview of your organization's mission.
- 2) Tell us briefly about the services your organization provides, the population you serve and the geographic area.
- 3) Describe how you and/or your organization intends to utilize our yoga and creative arts curricula.
- 4) Tell us what you know about how you will be implementing this program (i.e., number of youth, partner organization or facility where you will deliver the program, number of classes per week, and time allotted for each class, etc.).

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- 5) How often do you plan to offer this program? For example, beyond the pilot, is the program ongoing or does it have a specific time period like an 8-week session?
- 6) Do you have certified yoga teachers available to lead and deliver this program to your population? How many staff do you plan to train in our trauma-informed model? Do you have two people available to attend our training on March 1-2, 2019 in Redwood City, CA?
- 7) Please tell us more about the teachers you have in mind to implement this program. (professional background, credentials and relevant training)?
- 8) Describe your criteria for a successful program and the results you expect to have achieved by the end of the pilot?

Having adequate funding is an important part of both this Pilot and of successful long term program delivery. Please share with us your intention for financing this important work.

- 9) How do you plan to fund The Art of Yoga Project National Affiliate Pilot set up, materials and implementation of your program at your location?
- 10) How do plan to fund the training of your staff (travel and accommodations for the training on March 1&2, 2019 in Redwood City, CA) ?

Additional Information:

- 1) Submit your 501(c)3 letter if you are a nonprofit
- 2) Provide a Project timeline for the set up and implementing a 16-20 class, 8-10 week program by October 1, 2019. (max one page)
- 3) Please send your most recent financial statement and annual report if available. The financial statement should reflect actual expenditures and funds received during your most recent fiscal year.  
Attached financial statement? Yes \_\_\_\_\_ No \_\_\_\_\_ If no, why not \_\_\_\_\_  
Attached annual report? Yes \_\_\_\_\_ No \_\_\_\_\_ If no, why not \_\_\_\_\_

You may send other comments and attach an additional sheet if needed. (Not to exceed one page).

This application is due by email to [lisa@theartofyogaproject.org](mailto:lisa@theartofyogaproject.org) on January 15, 2019 by 5 pm PST.

If you have any questions, please feel free to contact us.

**Lisa Pedersen | Executive Director**

Pronouns: She/Her/Hers

**The Art of Yoga Project** | 555 Bryant St. #232 Palo Alto CA 94301 | [lisa.theartofyogaproject.org](http://lisa.theartofyogaproject.org)

**Office Address:** Sobrato Center for Nonprofits – Redwood Shores, 330 Twin Dolphin Dr, Suite 131, Redwood City CA 94065 | (650) 924-9222 (office)