

## The Art of Yoga Project National Affiliate Alliance Application



### Overview – National Affiliate Alliance

The Art of Yoga Project’s mission is to provide trauma-informed mindfulness and creative expression programming to promote healing and empowerment in vulnerable and marginalized youth. We provide direct services to youth across the San Francisco Bay Area. Our goal is to make our model available to youth everywhere through our National Affiliate Alliance. We want to expand our impact by training organizations to integrate our model into their local programs.

If your organization is interested in bringing fun, engaging and effective trauma-informed mindfulness and creative expression programming to youth, we invite you to submit a *National Affiliate Alliance Application*. We welcome non-profits to apply that see the value of using yoga and creative expression to support the work they are already doing with youth in their community.

Alliance members gain insight into the ways in which mindfulness can heal trauma on a neurological level. They will come to understand how mindfulness can support the work they do beyond the yoga circle and in every instance that they come into contact with their youth participants. Most importantly, they will learn how to make yoga and art fun and developmentally appropriate for adolescents.

**Please submit your application via email to [nap@theartofyogaproject.org](mailto:nap@theartofyogaproject.org).** Organizations may apply on a rolling basis.

### Year 1 National Affiliate Alliance Members will receive the following\*:

#### 1. Training and Community

- Invitation for 2 staff members to attend the in-person bi-annual training in Redwood City, CA: *The Art of Yoga Project Model - Trauma-informed Mindfulness for Marginalized Youth*. During this interactive day-long training, attendees will learn about the neuroscience of mindfulness, The Art of Yoga Project's integrated approach to teaching mindfulness and creative expression **to marginalized youth** and best practices for understanding and effectively handling issues specific to working with youth impacted by trauma.

#### 2. Site-Specific Curricula License

- Copies of our evidence-based, trauma-informed and gender-responsive Wise Inside Essentials, and Yoga and Creative arts curricula, along with additional program materials (see Appendix A) licensed for use at one (1) site for one (1) year. Additional sites may incur additional cost.

#### 3. Support

- 1:1 training to implement the program at your site along with ongoing phone consultation services with our Director of Education to troubleshoot program implementation.

### Year 2 and beyond:

1. Invitation for 2 Organizational staff members to attend The Art of Yoga Project Model: Trauma-Informed Mindfulness for Marginalized youth

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2. Additional curriculum resources
3. Annual site license renewal and additional licenses as requested (subject to additional cost and approval).

***Requirements to be considered for Alliance Membership***

- Minimum 2 years in operation working with marginalized youth.
- Have an identified population of marginalized youth to serve.
- Have at **least one certified yoga instructor** identified to deliver the program.
- Organization must be fiscally sound, and have sufficient funds to implement this program.

National Affiliate Alliance Membership Fees and Curriculum License:

**Year 1:** \$2500

**Year 2 and beyond:** \$500-\$2000 annual license renewal and additional training (sliding scale)

**About The Art of Yoga Project**

The Art of Yoga Project directly serves marginalized youth involved the San Francisco Bay Area juvenile justice and behavioral health systems. We send specially-trained yoga teachers and creative arts educators into schools, juvenile detention centers and rehabilitation facilities to teach our proprietary, gender-responsive, mindfulness-based program to youth. Since our inception in 2005, we have served over 13,000 youth. 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 youth with high psychiatric needs), alternative high schools and high schools in gang-impacted communities.

**About Our 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 marginalized and system-involved youth. These mindfulness-based practices rewire youths' brains for improved self-awareness, self-respect and self-regulation, bringing them out of cycles of violence and victimization and into empowerment.
- Each youth can achieve their full potential. Our curriculum is strength-based, meaning we acknowledge each young person's past but focus on their present abilities and innate wisdom.
- Youth thrive with a gender-responsive approach. Our curriculum reflects an understanding of the reality of marginalized youths' 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. Meanwhile studies show that (a) boys tend to experience trauma out in the community, (b) boys are incarcerated at much high rates and for more violent offenses. We also know the LGBTQ youth are disproportionately represented in the juvenile justice and child welfare systems.

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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.

Enclosed is an overview (Appendix A) that provides more information about our yoga and creative arts curricula available to National Affiliates Alliance members as well as our National Affiliate Alliance application (Appendix B). If you have questions or suggestions, please don’t hesitate to contact Noelle Kaplan, Director of Education, Training and Outreach via email [noelle@theartofyogaproject.org](mailto:noelle@theartofyogaproject.org).

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

Organizations selected as National Affiliate Alliance Members will receive a license to utilize the following materials at their site subject to remaining in good standing as an Affiliate Alliance member:

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 concepts from The Neurosequential Network, Dr. Bruce Perry'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) and Wise Inside Essentials Gender Expansive:**

WISE and WISE Gender Expansive are our latest curricula that combine 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 teens.

WISE classes consist of highly structured activities that teach youth 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 student 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 youth, including those who may be exploring their gender identity and/or sexual orientation.

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

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Affiliates 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 Program Application**

Thank you so much for your interest in joining The Art of Yoga Project's National Affiliate Alliance. As a registered Affiliate Alliance member, you will have access to The Art of Yoga Project's trauma-informed *Wise Inside* teacher training guide and our yoga and creative arts curricula to utilize at the licensed site(s). 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

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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.).
- 5) How often do you plan to offer this program? For example: 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?

Please submit application via email to [nap@theartofyogaproject.org](mailto:nap@theartofyogaproject.org). Applications will be reviewed on a rolling basis.

If you have any questions, please feel free to contact us via email: [nap@theartofyogaproject.org](mailto:nap@theartofyogaproject.org).