



**We create opportunities for people at risk to positively change their experience of life.**

Yoga can provide the tools for people to recover from mental health challenges and support them physically, mentally and emotionally.

People experiencing disadvantage and the effects of trauma and mental ill health deserve a multi dimensional approach that encompasses body, mind, breath and spirit.

**The Yoga Foundation is uniquely placed and committed to increasing access to quality, trauma informed yoga and supporting people's recovery and improving quality of life.**

Our programs provide an ideal opportunity for connection to self and others. They are free to the participants. We receive no government funding and are a registered charity with DGR status.

PROGRAM  
SPONSORSHIP

2023



There is high demand for our services; please help fund these important programs in 2023. You can donate to cover all or part of the cost.

## Domestic Violence Survivors



The women we work with respond so well to the program and yoga has been identified as a priority intervention for survivors in recovery.

*"In every aspect of my life I feel that yoga is the key to unlocking my full life's potential."* program participant

1 in 4 women has experienced violence by an intimate partner and 1 in 5 experience sexual violence across their lifetime. Long term they have poorer physical and mental health outcomes: help us change this.

\$1550 covers content creation, teaching, project management and evaluation for an 8-week program.

Support Women's Recovery

## At-risk Youth



Engaging ways for young people to discharge stress and tension, regulate and navigate emotions.

*"The benefits to me were enormous"*, Holly, 14, program participant

*"We see the great results yoga has on our students as it can change the entire energy of our school day. After yoga our students return to class more settled and refocused to to complete their school work."* Mel Davies, School Manager, Youth Off The Streets

\$1550 covers content creation, teaching, project management and evaluation for an 8-week program.

Support teen mental health

## Men's Mental Health



Men need access to a range of mental health supports. We lose 7 men a week to suicide: more has to be done.

*"Yoga invariably reduces the frequency, intensity and duration of anxiety symptoms both during yoga class and throughout the week; markedly improves my mood and reduces suicidal ideation."*

Matthew, participant

Our programs provide soft entry pathways for men experiencing disadvantage to manage their mental health, connect with others and feel hope.

\$1550 covers content creation, teaching, project management and evaluation for an 8-week program.

Support men in need

## Trauma-informed Retreats



An opportunity for at-risk youth to immerse themselves in a range of yoga based activities, in nature. Many have never had this kind of break before. They will enjoy mindful movement, breathwork, relaxation, creativity and nourishing food.

Help teens who have experienced trauma and family violence to learn skills for life to help manage mental health conditions and heal from trauma.

*"The girls were able to open up and feel safe. The yoga retreat really helped facilitate that"* Caseworker

\$6600 covers all costs for a 3 day, 2 night retreat for up to 10 participants.

Support young people to flourish

## Help for the homeless



For 12 years we have supported people in hardship, homeless or at risk of homelessness and offered the opportunity for connection, calm and compassion.

Our programs are trauma informed and appropriate for people experiencing or at risk of homelessness and grappling with mental health challenges.

*"My mind and body are broken and I think yoga helps and heals me. Yoga helps me more than I ever imagined it could."* Outpatient, St Vincent's Mental Health

\$1550 covers content creation, teaching, project management and evaluation for an 8-week program.

Support the vulnerable



# Impact

"I have not enough words to thank you for all the help I have received from you. Yoga helps me to relax and to understand myself and my body more. It also helps me when I am stressed and my anxiety peaks, something often happens to me."

Domestic Violence Survivor

Iran Brown



## Within 8 weeks:

- 96%** of our program participants report feeling safe (a crucial first step) and supported, enabling them to feel less vigilant and calmer;
- 90%** build trust and develop a sense of connection to self and others;
- 85%** develop a sense of agency and inner awareness;
- 70%** enjoyed an enhanced connection of body and mind, improving their mind clarity; **90%** were developing this connection.
- 98%** of our program participants feel better after yoga.





Jean Paul, program participant

## Other Ways to Support Our Programs

**Does your organisation want to improve employee wellbeing and make a difference in their community?**

We deliver high quality corporate programs that help fund our work with at risk groups.

**Corporate Conscience Yoga: Yoga, Mindfulness and meditation with a social impact.**



To organise, get in touch with Jessica at:  
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