



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

Our evidence-based programs are designed to provide a tool kit and skill set to support mental health. They comprise whole body movement, breathwork, mindfulness, meditation and the cultivation of positive values (ie gratitude), tailored to the varied needs of the participants.

Our expertise in integrative mind-body programs has a significant impact on the quality of life of the participants of our programs; they report a reduction of symptoms; increased body awareness; improved emotional regulation; regaining a sense of agency and improved social connection.

Our programs are free to the participants. We receive no government funding and are a registered charity with DGR status.

PROGRAM
SPONSORSHIP

2021

There is high demand for our services; we seek sponsorship of these important programs in 2021:

Aboriginal Children's Program



Three 8-class programs for Aboriginal children aged 10-12.

The aim of this program is to provide a safe space for participants to explore their developing identities as they move towards adolescence, form connections and build positive relationships with themselves, their peers and their Culture. We provide opportunities to learn skills and strategies that will form the foundations for wellbeing in adolescence and beyond.

\$1500 will cover teaching costs, content creation, evaluation and project management for one 8 week program.

Men's Mental Health Program



Ongoing program for men facing significant mental health concerns.

Eight people take their lives each week in Australia and seven of those are men. Our programs will be designed to teach evidence-based strategies to mitigate against depression and anxiety, provide social connection and support. Specific teaching techniques that work best for men are adopted to optimise the impact of this program.

\$5000 will cover teaching costs, content creation, evaluation and project management for 40 weeks of yoga in 2021.

Girl's Trauma Survivors Program



Programs for girls (aged 13-17) who are survivors of abuse, neglect or are homeless.

Girls report sexual abuse at disproportionate levels, are more likely than boys to experience such violence within intimate relationships, and are also at greater risk of developing negative mental health outcomes from traumatic experiences.

We have created trauma-informed programs designed to be reparative and empowering for young women in need. In collaborating with other NGOs we help girls achieve their goals and make better choices for themselves.

\$1500 will cover teaching costs, content creation, evaluation and project management for an 8-week program.

At-Risk Youth Program



Programs for at risk youth.

Complex childhood trauma has long-term effects on physical and mental health outcomes, including impaired self-regulation and diminished self-esteem. The effects are particularly acute for system-involved youth who disproportionately experience trauma.

Young people have been emotionally, socially and mentally impacted in 2020 and we want to reach more vulnerable youth to support their mental health and improve quality of life.

\$1500 will cover teaching costs, content creation, evaluation and project management for an 8-week program.

Women's Domestic Violence Survivors Program



Programs for women affected by domestic violence.

2020 has seen the incidents of violence against women rise. Our programs support the mental and emotional health of these women, equipping them with strategies to manage anxiety, learn relaxation techniques and provide social connection in a safe setting.

Survivors of domestic violence deserve access to high quality, evidence based programs that meet multiple needs. Help us reach more women.

\$1500 will cover teaching costs, content creation, evaluation and project management for an 8-week program.

Impact

Our programs start by creating a safe space and allowing people to relax and feel calm. We then start to teach techniques to calm the nervous system, shift their emotional state and to understand how their breath affects their state of mind and stress levels.

Yoga includes many components such as whole body movement, breathwork, mindfulness, meditation that all have their own independent bodies of research, detailing their many benefits. Yoga includes all these components – it's a package deal.

Participants report feeling a clarity of thought and a deeper awareness of self and their agency, enabling them to make better decisions and look after their mental health more effectively.

We make participants feel connected to themselves and others, respected and accepted without judgement. They learn skills to support them for life.

'I come from a history of domestic violence and other things, so just being okay where you are is such a wonderful gift to give somebody'

Rosemary

Program Participant





“The Yoga Foundation classes have been a wonderful addition to Primary Health Care. Our people have shared how great they feel from the health and wellbeing benefits of the classes but also from giving back to the community by making a difference with the social impact of the Program. Thank you The Yoga Foundation!”

Audrey Martin
Organisational Development Manager
Primary Health Care

Other Ways to Support Our Programs

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

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

Does your organisation want to improve employee wellbeing and make a difference in the community? Our corporate programs – delivered in person or via Zoom - directly impact vulnerable people.

To organise, get in touch with Jessica at:

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