



**NIROGA™**

*Fostering Health and Well Being Through Yoga*

## **Yoga for Niroga**

### **What is it?**

- Yoga Teachers making a world of difference through Yoga
- By donating the proceeds of one class a month or one workshop a year to Niroga
- So we can pay our Yoga Corps™ to teach Yoga to those who need it most
  - Reaching out to children who are abused or neglected
  - Transforming vulnerable youth who are homeless, delinquent, or incarcerated
  - Serving seniors, cancer patients, people in rehab and recovery, and others

### **Why does it matter?**

- Improves health and well-being: strength, endurance, flexibility, balance
- Helps increase stress resilience, anger management, and violence prevention
- Develops life skills: increased focus and concentration, self-control and self-awareness
- Impacts Health & Mental Health, Education, Youth Development, and Social Justice

### **Who are we?**

- 50 Yoga teachers, teaching 30 classes/week, serving 500 people every week
- In Alameda, Contra Costa, Marin, and San Francisco Counties in Northern California
- Conducting research on Yoga Therapeutics for Integral Health and Development
- Developing psychometric tools for evaluating program effects on special populations
- Developing Yoga Therapy protocols for many common chronic conditions

### **Community Partnerships (partial list)**

- Alameda County Juvenile Justice Center (incarcerated youth)
- Seneca Center (delinquent youth)
- Alameda Point Collaborative (homeless youth & families in transition)
- MPI Institute, Summit Hospital, Oakland (adult rehab and recovery)
- Berkeley-Albany YMCA (seniors and people with chronic conditions)
- Alta Bates Comprehensive Cancer Center (cancer patients)

### **Lives we transform**

- Wow, if everyone did Yoga, there would not be so much violence in the world!  
– *Incarcerated youth, Alameda County Juvenile Hall*
- I am learning to get in touch with my inner self, and take one step at a time.  
– *Incarcerated youth, Alameda County Juvenile Hall*
- I'm 88, and I began coming 6 years ago. It makes me feel wonderful, and I wish I had begun this practice 40 years ago! – *Karl R, Healing Yoga for Seniors, Downtown Berkeley YMCA*
- This Yoga class is the one truly healing activity I've participated in since my cancer diagnosis 8 years ago. – *Deena G, Alta Bates Comprehensive Cancer Center*
- You may enjoy watching our 8-minute video at <http://www.niroga.org/media.html>

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