



NIROGA™

Fostering Health and Well Being Through Yoga

Niroga™ Institute Mission

Niroga is a California-registered 501(c)(3) non-profit and its mission is to foster health and well being through the practice of Yoga, for at-risk and underserved individuals and families, by outreach, education, & research.

Niroga Institute Community Outreach

Programs

- Integral Health (IH) programs affecting the body, mind, and spirit of at-risk youth, partnering with community organizations to complement and enhance their existing programs
- Integral Development (ID) programs and curricula affecting physical, emotional, social, and academic development of abused, homeless, and delinquent youth, and incarcerated youth in County Juvenile Halls
- Serving seniors, cancer patients, and people in rehab and recovery in senior centers, hospitals, and rehab facilities; developing Healing Yoga protocols for special populations and many common chronic conditions

Impact

- Public Health, Mental Health, Community Crime and Violence
- Education, Youth Development, Community Development, Social Justice

Niroga's tangible results to date (since March 2005, with 6 staff all working pro bono)

o Community Partnerships

- Developed partnerships with organizations serving our target populations, with several ongoing and committed partners, conducting 30 classes and serving over 500 people every week:
 - Alameda County Juvenile Justice Center (incarcerated youth)
 - Oakland Parks and Recreation (Anger Management/Resiliency Programs)
 - Seneca Center (group therapy for at-risk youth)
 - Horizons Unlimited of San Francisco (females against violence – peer counselor training)
 - Alameda Point Collaborative (homeless youth and families in transition)
 - Cole Middle School, West Oakland (Violence Prevention/Healthy Start)
 - East Oakland Youth Development Center (at-risk youth)
 - Berkeley LEARNS After School Program (Health and Wellness Program)
 - Verde Elementary, North Richmond (Peace Makers programs)
 - Merritt Peralta Institute, Sutter Health, Oakland (adult rehab and recovery)
 - Berkeley-Albany YMCA (seniors and people with chronic conditions)
 - Alta Bates Comprehensive Cancer Center (cancer patients)
- Impending programs with several interested partners working locally with at-risk, homeless, and foster youth, including Marin & San Francisco County Juvenile Halls, Camp Sweeney, Safe Passages, Youth Uprising, Thunder Road, San Francisco Beacon Centers, Girls Inc., San Quentin Success Re-Entry Program, and San Francisco Police Department.
- Conducted modular training programs for Certified Yoga Teachers (Yoga Corps™) quarterly over the last year, with more than 50 teachers qualified and available to teach at partner sites.

o Program Evaluation

- Developed an Integral Health Scale (IHS30), a psychometric tool to evaluate the effects of Yoga on general health, depression, stress, anxiety, self-esteem, self-awareness, and self-control; statistically significant decline in stress and perceived stress, and increase in self-control were measured in incarcerated youth at Alameda County Juvenile Justice Center.

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