



NIROGA™

Fostering Health and Well Being Through Yoga

Testimonials

“What I see with Niroga is how they provide tools and techniques for our kids to go within themselves and see the resiliency, the strength that they have within themselves. Our kids are exhibiting greater self-awareness and exercising greater self-control, as they learn to watch their breath, leading to the practice of mindfulness.” *Miguel Fernandez, Principal, Rock La Fleche Community School, Alameda County Office of Education*

“Yoga has provided another form of physical expression, exercise, and calm. Also, yoga helps our students provide a better connection between the mind and body. Our students experience a lot of stress. Yoga helps relieve stress and gives an opportunity to cope with problems in a way they have not been previously exposed. I have recommended Niroga to both the Oakland USD Community School and to Alameda County Probation.” *Elizabeth Tarango, M.S.W., P.P.S.C., Foster Youth Services, Rock LaFleche Community School*

“Your program has had an amazing impact on our kids! They come back to us again and again, telling us that they have greater awareness of their bodies and minds, that they feel more self-confident, that they are able to exercise greater self-control. Thank you for heightening their sense of self-worth, for helping their bodies, minds, and spirits! Niroga has been ultimately flexible, caring, and willing to engage with often-times difficult populations of students.” *Chris Rapoport, Therapist, Seneca Center*

“I am highly impressed with Niroga’s work, and their ability to bring the practice of integrative physical arts to marginalized communities. Niroga is quickly developing an unprecedented track record in bringing yoga and other integrative practices to young people who have never been exposed to the practice of Yoga.” *Alex Briscoe, Director of Children’s Health Services, Health Care Services Agency, Alameda County*

“My goal is to get more staff using the Yoga language throughout the day and evening to achieve better results. I’m noticing so many opportunities to redirect kids by having them come back to their breath. If more staff use this, it will be better for all of us.” *Yabru T. Baruti, LCSW, Senior Psychiatric Social Worker, B2 Mental Health Unit, Alameda County Juvenile Justice Center*

“They are really starting to internalize the practices and beginning to understand how they can use it to increase self-control. It’s really true. When someone is having difficulty in group, I’ve heard girls spontaneously say to the troubled person, ‘now breathe...’ It’s so cool!”
Janice Thomas, Senior Psychologist, Guidance Center, Alameda County Juvenile Justice Center

“I learned a lot from it – whenever I get mad, just start breathing; and I actually like yoga!”

“I’ve learned to go to Yoga instead of flashing on people”

“It helped me by breathing slow and letting all my problems out.”

“Before you want to blow up, take time to yourself.”

“To get in contact with your inner self, and take one step at a time.”

“Wow, if everyone did Yoga, there would not be so much violence in the world!”

Incarcerated youth in Alameda County Juvenile Justice Center, saying in their own words what they have learned from Niroga Yoga



“We are located in the middle of the Killer Corridor (the highest concentration of murders in the City of Oakland). Poverty, crime, poor test scores, high drop-out rates and unemployment plague this neighborhood’s population. Here is where our partnership with Niroga has become a valued relationship, exposing our youth to the wonderful world of yoga. The young people are learning to relax through controlling their breath, and they are learning how much their bodies can do through stretching with various poses. The youth who come in motivated with boundless energy, can now focus on a dime because of the discipline they have learned through yoga.”

Regina Jackson, Executive Director, East Oakland Youth Development Center

“Sports4Kids’ partnership with Niroga has been an exciting opportunity for two organizations dedicated to youth! As an organization whose mission is to enhance the health and well-being of youth and communities, it has been an absolute pleasure to team up with Niroga in helping us achieve our goals!”

Jill Vialet, Executive Director, Sports4Kids

“Our students are being exposed to a different lifestyle; one that promotes peace, non-violence, and a practice that can be useful for a lifetime. Yoga Corps instructors impress us as compassionate, well-intentioned, and knowledgeable about yoga practice.”

Joanne da Luz, Academic Director, Life Learning Academy Charter School

“Both instructors and program management were absolutely fantastic. The instructor was experienced, understanding, & flexible. Program management was consistently supportive and attentive to the needs of the specific population of ladies we serve in this community. We learned a lot from both women.”

Korina Bayardo, Director of the Young Women Arise Project, Horizons Unlimited of San Francisco, Inc.

“One of the greatest benefits of Niroga’s program has been to introduce patients to yoga, as a part of learning how to relax and meditate to relieve tension and stress. Both management and instructors are first rate, very professional and knowledgeable. We have recommended Niroga to other organizations and will continue to do so. We couldn’t be more pleased with the services we’ve received.”

Steven Wright, Program Director, MPI Chemical Dependency Treatment Services, Alta Bates Summit Medical Center

“Our patients have such wonderful things to say about your program! It must be touching them at the deepest levels, affecting their bodies, minds, and spirits. I would love to support your program and your efforts in any way I can. Thank you so much for your wonderful work!”

Dr. Maurine Gordon, Director, Psychosocial Services and Integrative Medicine, Alta Bates Comprehensive Cancer Center

“I am so grateful that you are here! I wish you every success with your wonderful work and with your wonderful, calming, loving, healing attitude!”

Farewell note from Kathleen Colloton, Radiation Oncology, Alta Bates Comprehensive Cancer Center, as she transitions to Breast Radiology, Summit Hospital