



## OUR MISSION

to identify, develop, and deliver healing and life-affirming yoga programs to people who would not otherwise have access to these resources.

## OUR TEAM

Delanie Dyck Executive Director  
Sarah Holmes de Castro Coordinator  
Nicole Marcia Teacher Trainer/Curriculum Developer  
Angela Kayira Teacher Trainer/Curriculum Developer

## OUR BOARD

Beth Sampson Board Chair  
Pixie Hobby Member at Large  
Chelsea Bedford Board Treasurer

## OUR VOLUNTEERS

adrienne wills cyndi dallow colleen davis charles pentland dominique veniez emma garrod esther berube gloria chamberlain harreson sito jody misak karen rempel kevin read laura rivere laura barron laura track lori vance margot mclean marita wieser marilyn harper mary daigle michele labelle patrice webb jasmina egeler sandie shaw sara mullin sarah murray shivani wells sherry kajiwara sharie maxwell catherine avard lauren hanna yvonne de la roche carey hoffman cynthia lam kalbir chahal sharon carey sandra sammartino thelma palma joie yamanaka allison granger-brown susan reifer

On behalf of the organisation and it's membership we would like to take this opportunity to offer Beth Sampson our deep gratitude for her many years of service and commitment to Yoga Outreach. We cherish her heartfelt leadership and look forward to her continued guidance. We would also like to extend our deepest gratitude to Pixie Hobby for her many years of passionate service on our Board of Directors.

Namaste.

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Dear friends,

Yoga Outreach has been a very big part of my life over the last 9 years. In 2002, I was teaching two Yoga Outreach classes and felt very deeply connected and aligned with the mission. When founder Sandra Sammartino announced she was closing her centre, Kairos, I realized that Yoga Outreach needed to find its roots beyond her centre's community in White Rock if it was going to survive. So in 2003, I asked to be entrusted with the organization and became the Executive Director of Yoga Outreach.

My goal was to succeed Yoga Outreach from its founding mothers into a broader-based community where it could expand and grow to include all of the resources that the Lower Mainland and the rest of British Columbia has to offer. My vision was to see Yoga Outreach shift from a grassroots organization into a social-profit charity organization; increasing services to at-risk communities, building a broad and diversely interconnected community of stakeholders, and providing leadership for other individuals and organizations akin to its mission.

I have been fortunate enough to be in a leadership position ever since that time, transitioning from Executive Director to Board Chair in 2006.

In service,  
Beth Sampson  
Board Chair



Dear Yoga Outreach members & supporters,

I want to begin by saying thank you, thank you to each person who has given their time & energy to Yoga Outreach both past & present. Yoga Outreach is a wonderful organisation. What we do matters, it makes a difference in peoples lives.

As a student of Sandra Sammartino for many years I was frequently reminded that I can't change the whole world at once, but that I can affect change by working within my circle of influence. It is with this in mind that I have jumped into my new work with the organisation.

In the past few months I have begun to build many connections with other organisations doing outreach work and we are looking for ways to work together to build more capacity for all of us and the work we do.

I am so excited about the work to come from expanding our teacher training courses, to building new community partners, to designing exciting fundraisers like to Reach Out for Yoga Outreach Challenge there is so much to do and so many great people to work with!

Namaste,  
Delanie Dyck  
Executive  
Director





**Spring Teachers Kula**

### **Interesting 2010 Facts**

#### **Programs: Existing & New**

Alouette Correctional Centre for Women, Surrey Pre-Trial Services Centre, Munroe house, Comox Valley Transition Society (affiliate program), South Vancouver Youth Centre TAG Program, **Gordon Neighbourhood House S.E.A.R.C.H.**, Burnaby Youth Open Custody (youth correctional facility), Burnaby Youth Secure (youth correctional facility), Kitsilano Community Centre TLC Program, Surrey Women's Centre, Positive Women's Network, Family Services of Greater Vancouver, **St. Paul's Hospital**, Pacifica Treatment Centre, Vancouver Addictions Matrix Program (VAMP), Centre for Concurrent Disorders, New Dawn (Chrysalis Society), Ellendale Program, Clubhouse in Nelson (affiliate program), Riverview Hospital, **Crossroads (young adults)**, Kitsilano Mental Health Team, Northwest Mental Health Team, West End Mental Health Team, Strathcona Mental Health Team, **Older Adult Rehabilitation Program**

#### **Recruitment**

In the last year, several new volunteer teachers have been trained and placed, bringing our teaching corps up to 37, a significant improvement from this time last year. Through the work of the Coordinator a comprehensive screening process has been formalised and 17 new teachers have been engaged this year. Volunteer teachers are in regular contact with the Coordinator and YO is also hosting regular peer gatherings as well as the implementation of an online *kula* or community, for teachers to connect with one another and share their experiences. The Coordinator has also made significant progress

in implementing a buddy system for programs. Eventually each program will be covered by two teachers to ensure sustainability and continuity. Please note, facility requests for YO classes continue to exceed our capacity to train and place teachers.

## **Initiatives**

Through the generous support of the W. Garfield Weston Foundation Yoga Outreach has been able to research, develop and begin delivery of a unique specialised Core Training program for all YO volunteers as well as anyone interested in working within these diverse settings. As part of this initiative we have also begun development of 4 specialised modules for teaching in specific settings, the first two of which will be for Mental Health and Addictions, and Trauma Sensitive Teaching. These courses are all recognised by the Yoga Alliance as Continuing Education credits for registered yoga teachers.

A formal program evaluation process is also being implemented to collect qualitative data to measure the impact of program participation on clients health and well-being.

## **Successes**

Our 12th Annual Retreat was a wonderful success filled with warm people and great sense of community. The retreat raised over \$5000 but more importantly it was a success in building a number of relationships with participants, sponsors and the media. This year also marks the first time we solicited scholarships from local businesses. Although we were only able to secure one this year, the participant we extended it to was so inspired she has indicated she would like to work on raising scholarships for her whole group next year. A letter to her sponsor Prana Yoga Teacher College is reprinted in the testimonials section.

In June as a result of the connection we made with DJ Abheeru at the retreat we partnered with Just Dance! to promote 2 world music dance events. The two dances earned over \$2000 for Yoga Outreach and also raised awareness in the community of the work that we do.

In June and July we were fortunate to be the beneficiaries of the YYOGA by donation initiative which raised \$2700 for YO. We look forward to a continued relationship with YYOGA.

Our programs have been expanded to include a group home for young adults living with mental illness, an adult inpatient psychiatry ward, and a neighbourhood house serving at-risk youth facing multiple barriers. In addition, we have expanded programming at Pacifica Treatment Centre and Allouette Correctional Centre to include another class at each facility.

## Testimonials

### Letter to Prana Yoga Teacher College

Please accept my heartfelt gratitude for sponsoring me for the Yoga Outreach retreat.

My hopes going in to the retreat were to expand my limited horizons in the world of yoga. My hopes were met and exceeded! I first discovered yoga over a year ago and have found it to be the most effective therapeutic tool to date for my chronic Major Depression. Being on long term disability, and therefore on limited income, I would never have considered being able to attend such a valuable event.

What an inspiring, nurturing and informative experience; incredible people, idyllic location, tasty, healthy food and most importantly, rich, diverse yogic instruction. If it weren't for my depression being present (and being physically limited by a foot and wrist sprain) the entire experience would have been perfection. I intend to further explore many of the new avenues I was exposed to and look forward to passing on what I've learnt to my local yoga group.

In October 2009 I helped create a Yoga for Mental Health Group in partnership with the New Westminster Mental Health Centre. I have been eager to gain more knowledge about what practical yoga techniques can be applied to help those with mental illness, myself included, and find ways to make this information available for a minimal cost to my local mental health community. I count my retreat experience as a solid step forward in achieving this goal.

Thank-you again to Yoga Outreach for their tremendous and valuable support.

Sincerely,

**Cindy Hobley - YMH Coordinator**

Yoga for Mental Health - New Westminster  
ymh.newwest@gmail.com

"Bending our bodies to straighten our minds"

Here's what facility staff and clients as well as the yoga teacher's have to say about their programs.

"I had tried yoga once before while I was pregnant, but it's so much more helpful for me now with where I am in my life. No matter how stressed I am when I arrive, I always leave feeling better." (Client at Munroe House)

"I had never done it before, now I find myself doing some of the moves at different times of the day." (Client at Pacifica Treatment Centre)

"Most of the students are grateful to learn some strategies to help them with relaxation" (volunteer teacher)

"I can certainly sense a shift in the students since the first class I taught... where I felt more nervousness and apprehension in the air" (volunteer teacher)

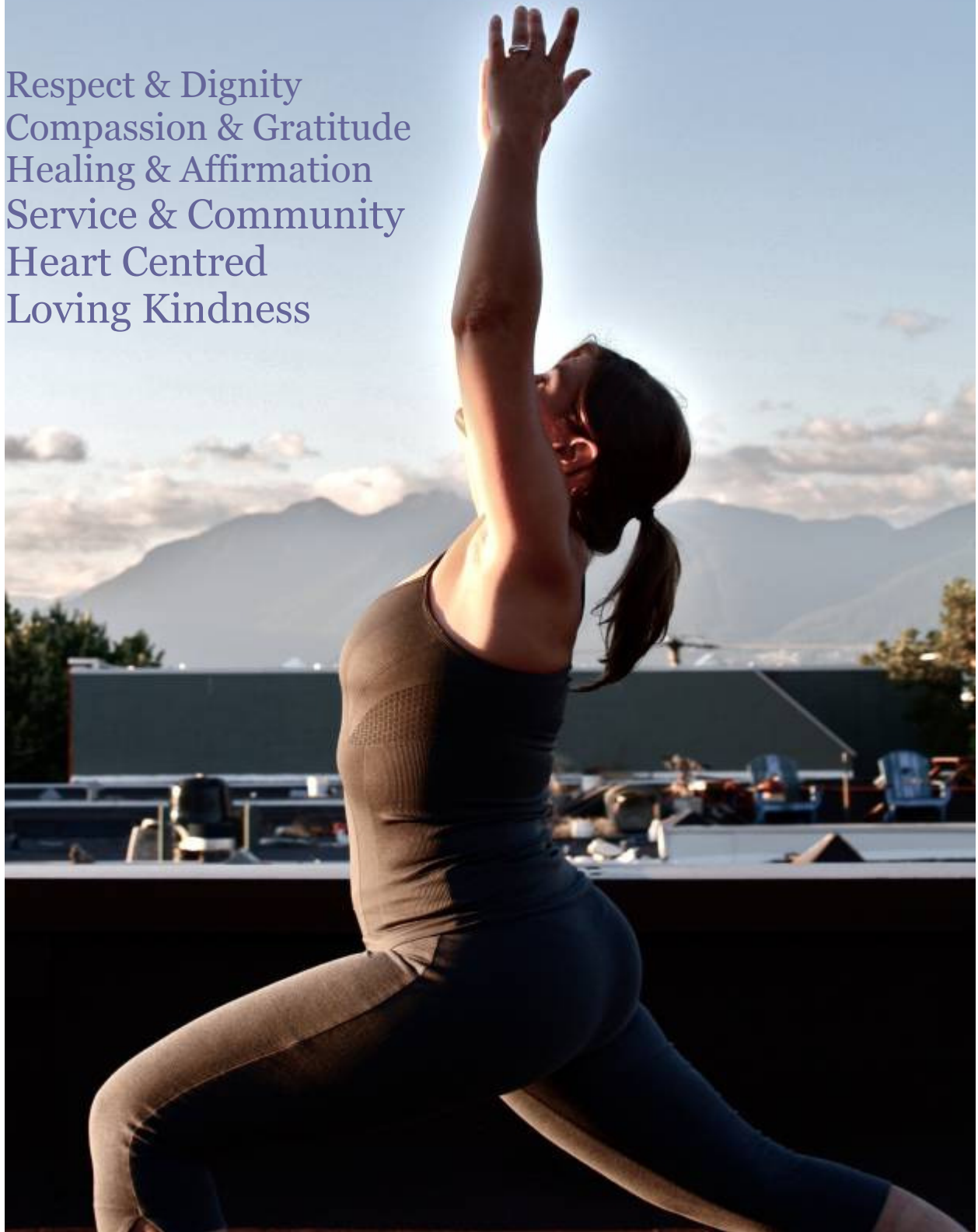
"This program has been great for our patients... The consistency over the past 4 - 5 years has been excellent and [the volunteer teacher] understands our patient population well and adjusts the yoga programs accordingly so that no one need be excluded." (facility staff)

"Each returning student has said they feel stronger, more flexible, can breathe better and are even losing weight. They are excited by the subtle changes they are observing in their body and mind." (facility staff)



# Yoga Outreach CORE VALUES

Respect & Dignity  
Compassion & Gratitude  
Healing & Affirmation  
Service & Community  
Heart Centred  
Loving Kindness



## **Fiscal Year 2011 – Financial Summary**

### Financial Results

- Fiscal 2011 resulted in a net income of \$9,902
- Revenue of \$90,071 was made up of the following:  
Vancouver Foundation grant - 38%  
Annual Retreat – 27%  
Weston grant – 25%  
Donations – 6%  
Fundraising Workshops - 3%  
Teacher Training – 2%
- The most significant expenses contributing to total expenses of \$80,169 were:  
Wages & Salaries - \$22,119  
Contractor Fees - \$20,987  
Rental facilities - \$17,938  
Training and Recruitment - \$6,996
- Net income has increased \$25,687 from FY 2010. Donations, retreat income, and grants were all increased in 2011.

### Cash Flow

- The Society's cash position improved from Fiscal Year 2010, resulting in a \$51,758 cash increase over the year. This is a \$77,547 increase in cash inflow from last year.
- The ending cash balance was \$67,288, enabling Fiscal 2012 to begin in a strong, liquid position.
- The majority of the cash inflow came from the Weston Grant of \$50,000. The grant was classed as deferred revenue and has been recognized monthly based on related incurred expenditures.

### Balance Sheet

- Our current ratio, indicating the liquidity of the Society, increased by 8% over the year. The Society is in a strong position and fully capable of meeting all financial commitments.
- Fiscal Year 2011 ends with a deferred revenue balance of \$55,754. These are funds collected in 2011 but the revenue will not be recognized until Fiscal Year 2012. This deferred revenue is made up of:  
The Vancouver Foundation Grant - \$26,170  
The Weston Foundation Grant - \$27,439  
Providence Health Funding - \$2,145

### In-kind contributions

estimated 2500 volunteers hours

## **2011 Special Events**

We are thrilled to be announcing our first 30 Day Yoga Challenge fundraiser starting this Thanksgiving Monday, October 19th. Through the generous support of innovative Toronto advertising agency John St, Yoga Outreach has a quirky, albeit unconventional commercial as a call to action. The **Reach Out for Yoga Outreach Challenge** is a unique fundraiser that asks participants to do yoga for 30 minutes a day to support Yoga Outreach. Our goal is to raise \$30,000 and hopefully make this an annual event!

## **Expanding our Network 2012**

With Sarah at the helm supported by Nicole Marcia and Angela Kayira, Yoga Outreach has been able to expand its Core Training into a 16 hour weekend course with a focus on trauma sensitive yoga and strengths based practice in working with specialised populations. As part of this initiative we were able to send Sarah to an amazing training at the Kripalu Centre which specialises in building trauma sensitive yoga programs in group settings. This training will also allow all of our trainings to be accredited through the Yoga Alliance.

These courses will form the foundation of a new direction for Yoga Outreach. With 15 years of teaching experience the organisation is in a unique position to leverage our expertise and become leaders in the field of training teachers to work with specialised populations. It will also ultimately become one of the ways we support the work of the organisation through course enrollment fees.

As part of a new initiative in 2011, the ED has begun to build a team of Community Engagement volunteers to coordinate everything from marketing to the development of a blog. The Community Engagement Team will work to strengthen the organisations capacity to build awareness and funds to continue to expand our programming throughout the lower mainland and beyond.

## Thank You!

Our heartfelt thanks to the generous support of the Vancouver Foundation and the W.Garfield Weston Foundation.

We also want to thank the many generous sponsors and Community Partners who made our events last year a success. Libre Tea, Prana Yoga Teachers College, Open Door Yoga, Banyen Books & Sound, The Flower Factory, Drishti Point, Fairmont Pacific Rim, Halfmoon Yoga Products, Namaste Tea, New Visage, Philip Adam, Radha Yoga and Eatery, Ravenwood Soap, Sandra Sammartino Yoga, Scandinave Spa, Whistler, Smoking Lily, Ten Thousand Villages, Unity Yoga, Vancouver Aquarium, Vancouver Art Gallery, Yoga West, YYoga, Just Dance!

Our deepest gratitude to the many individual donors who have continued to support our work.

Last, but not least we would like to acknowledge that we could not operate without the many hours of donated time our committed teachers and other volunteers have put in.



*If the only prayer you said in your whole life was “Thank You”  
that would suffice*

## Get Involved!

Help us spread the word, we are always looking for volunteers in the following areas.

### Teachers

Do you love Yoga and believe it has the power to change lives?

Do you feel a call to serve adults and youth facing multiple challenges in their lives?

**At Yoga Outreach we believe that Yoga can change the world.**

We are always recruiting experienced yoga and meditation teachers to volunteer for both one time and ongoing classes. In general we ask teachers to have a minimum of 2 years or 200 hours of teaching experience because the programs we offer are not an average yoga class. Teachers with less than 2 years or 200 hours experience are encouraged to apply and will be evaluated on a case by case basis based on personal experience and/or professional training in related fields. We cannot guarantee placement of less experienced teachers, should they be accepted into our program, immediately as it may take time to find suitable mentorship and/or program placement. We require that our teachers have completed a minimum 200 hour recognized teacher training certification or qualify for “grandparented” RYT status by Yoga Alliance, and that they attend our core training, held in Vancouver twice/year.

Please contact our Coordinator, [Sarah Holmes de Castro](#) for more information or to apply.

### Community Engagement Volunteers

Are you passionate about Yoga? Do you love meeting new people? Are you short on cash but have enthusiasm to spare? Join our team of Community Engagement Volunteers today!

**At Yoga Outreach we believe that Yoga can change the world.**

We are looking for volunteers with strong communication skills and a passion for people to join our team, especially individuals with skills in fundraising, marketing, communications and information technology.

We offer you the opportunity to contribute to a fantastic organization, engage in community building and gain wonderful connections with other committed like-minded individuals.

As a member of the team you will be acting as an ambassador for Yoga Outreach and an advocate for our programs, helping Yoga Outreach to raise funds, new friends and awareness about the important work we do in the community.

In addition to event staffing and promotional volunteers we are also seeking volunteers to join our Community Engagement Team. An application and a list of available Community Engagement Volunteer positions are available on the website.

Please email your completed application form along with a cover letter and resume to our Executive Director, Delanie Dyck.

## **Board Members**

Do you love Yoga and believe it has the power to change lives?

Do you feel a call to serve adults and youth facing multiple challenges in their lives?

**At Yoga Outreach we believe that Yoga can change the world.**

We are looking for people with strong leadership abilities to serve on our Board of Directors, especially individuals with key competencies in fundraising, event planning, human resources, strategic planning, governance and marketing.

We offer you the opportunity to contribute to a fantastic organization, engage in professional development and gain wonderful connections with other committed like-minded individuals.

### **Key areas of competency**

Finance; Entrepreneur; Project Management; Community Development; Marketing; Accounting; Human Resources; Organizational Planning; Social Service; Fundraising

To apply please email our Executive Director, Delanie Dyck with your Letter of Inquiry to request a Board member application.

**We are only as strong as our volunteers, thank you for your support.**

*A tree with strong roots can withstand the most violent storm. But a tree cannot grow roots just as the storm appears on the horizon ~ HH The Dalai Lama*

yoga  
outreach



[www.yogaoutreach.com](http://www.yogaoutreach.com)

We can't do our work without you.  
Your support is vital to our mission.  
Your donation changes lives, every dollar makes  
a difference.

You know yoga can change lives  
because it changed yours.

[Donate to Yoga Outreach](#)

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