

# Yoga Outreach

YOGA TRANSFORMS LIVES.  
TOGETHER WE MAKE CHANGE POSSIBLE



# LAND ACKNOWLEDGEMENT

We respectfully acknowledge that the work of Yoga Outreach takes place across the homelands of 203 distinct Indigenous nations and cultures; with over 30 different languages and close to 60 unique dialects spoken across those homelands. We honour the Elders for their stewardship of the places and people of these nations.

Yoga Outreach's staff work from home offices on the traditional, ancestral, and stolen lands of the Skwxwú7mesh (Squamish), Səlílwətaʔ (Tsleil-Waututh), xʷməθkʷəy̓əm (Musqueam), qíqéyt (Qayqayt), s̓cəwaθenaʔt̓ təməxʷ (Tsawwassen), S'ólh Téméxw (Stó:lō), Kwikwetlem, Stz'uminus, səmi'ɑ:moʊ (Semiahmoo), s̓qəciyáʔt̓ təməxʷ (Katzie), Á,LEÑENEÇ ŁTE (W̱SÁNEĆ), Kwantlen, and, the ləkʷəŋən (Lekwungen) Peoples. We invite you to take a moment to reflect on whose land you are living and working on and if you don't know, to research and reflect.

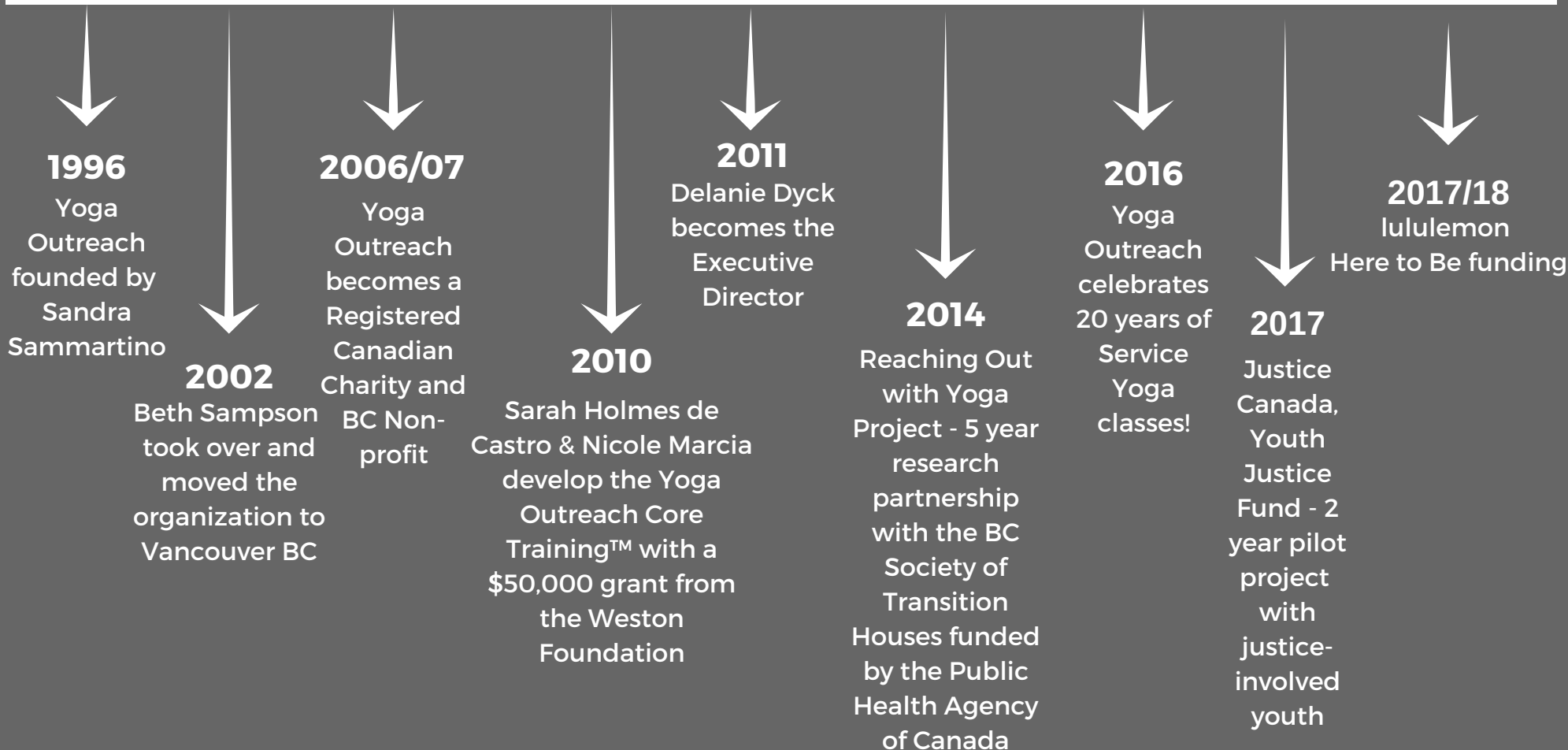
# **Our mission is to expand access to trauma-informed yoga programs to support healing and connection.**

Yoga Outreach partners with volunteer yoga instructors, community organizations, social service agencies, and prisons to provide mindfulness-based yoga programming to often overlooked adults and youth.

Yoga Outreach programs are strengths-based and trauma-informed serving adults and youth facing challenges with mental health, addiction, poverty, violence, trauma, and imprisonment.

In addition, we provide training, ongoing mentorship, and community building opportunities to yoga teachers and community support professionals to enhance the delivery of yoga in these settings.

# TIMELINE



# TIMELINE





# Why is Yoga Outreach unique and wonderful?



- We strive to cultivate equality between student and teacher.
- We provide a student-centred experience (ie. rather than instructing students on form we aim to empower them to feel their bodies and make choices).
- We are the only yoga based charity on Canada offering programs across a range of social service settings.
- We meet students where they are at, physically. YO classes take place in facilities where students already feel a measure of safety, they have access to support if necessary, and they are often among friends.
- We offer teachers safe, supported opportunities to be of service.

Yoga and Mindfulness-based practices are helpful because they have the potential to be:

- a safe space for trauma survivors to cultivate a safe and compassionate relationship with their body
- a place to practice being in the present moment
- an opportunity to learn and practice techniques that help self-regulation so students have resources to draw upon when triggers are activated
- an opportunity to be in a safe social space
- a way to reduce anxiety via the breath
- a place for safe release of traumatic body memory
- an opportunity to practice using the breath and body sensations to connect to the present moment
- a structure around the practice of self-awareness and self-regulation
- a chance to get out of the mind and into the body

# TESTIMONIALS

"Yoga has helped me out in such a way it bought me more time in the here and now. And for that I am eternally grateful. All my specialists are amazed at my recovery. And I have all you to thank for that. Thank you, thank you, and again I say thank you." Clifford - Pacifica Treatment Centre

"I loved relaxation as it made me go to a safe place where I could just be me." Burnaby Youth Custody Participant

"Clients have developed strategies for coping with stress. Our clients' involvement in the Yoga Outreach program has given them a sense of purpose as well as a commitment to their body/mind well being." Westend Mental Health Team Member

"I notice changes in our client after every YO visit. Our women are visibly calmer, and appear lighter to look at... Thank you for providing this valuable service, many of our women would not be able to access yoga [without it]. Our clients whether they realize it or not, have many benefits from participating in yoga." Addictions Recovery facility staff

"Completely inspiring and engaging. I can't wait to start incorporating what I've learned, even in classes not necessarily trauma oriented." Yoga Outreach Core Training™ participant

"Keep spreading the importance of this work. You have allowed for me to fall back in love with yoga and recognize why I wanted to teach in the first place." Yoga Outreach Core Training™ participant

# past projects

## Reaching Out with Yoga

Trauma-informed Yoga for Women and Children in Shelters, led by the British Columbia Society of Transition Houses in partnership with Yoga Outreach, delivered trauma-informed yoga programs in 24 women's shelters and transition houses across BC. The program promoted physical and mental health to women and children who have experienced family violence. Trauma-informed practice is based on an understanding of the impact of violence on people's lives, and focuses on respect and empowerment. This project was funded by the Public Health Agency of Canada.

## Trauma-informed yoga for justice involved youth

Yoga Outreach received funding from the Department of Justice Canada to develop, run, and evaluate a two year pilot project that provided trauma-informed yoga programming alongside drug treatment programs for justice involved youth. The project evaluated the efficacy of trauma-informed yoga (TIY) programming in enhancing health outcomes such as self-regulation and impulse control for justice involved youth within drug treatment programs.







## First Nations Women's Yoga Initiative

FNWYI is a unique, 80-hour trauma-informed curriculum and training that prepares First Nations women and two spirited people to practice and offer culturally-responsive and trauma-informed yoga programs in their respective communities.

We collaborated with community leaders, Knowledge Keepers, Yoga teachers, Indigenous scholars, and Elders to create the framework for this program. In its future iterations it will be stewarded by Jessica Barudin.

**past  
projects**





## Connect, Embody, + Empower

The Connect, Embody + Empower program is designed for women, non-binary, trans, and 2 spirit people, ages 19 and older, who are survivors of sexual assault. This 6-week program consists of weekly beginners trauma-informed yoga and mindfulness practices, journaling prompts, readings and podcasts, accompanied by an online interactive support circle with a focus on healing, growth, and recovery.

Developed by Yoga Outreach in 2021 this program is designed to be delivered in partnership with agencies serving survivors.

## Indigenous Children & Youth Yoga & Mindfulness

This project aims to provide educators and social service providers working with Indigenous youth with a yoga and mindfulness curriculum that is culturally safe. This pilot project will be rolled out in Haida, Kwakwaka'waka, and K'omoks territory, with potential to grow across BC. The curriculum will include a deck of cards and a workbook for educators and social service providers working with Indigenous youth to explore mindfulness, Yoga, traditional Indigenous perspectives on well-being, land-based learning, and community connection. Please note that these cards will not be sold or used for profit, they will be shared freely in community as a part of this project.

# special projects



# our services

## Trainings

- Yoga Outreach Core Training™
- Yoga Outreach Level II Core Training™
- Yoga Outreach Kids Core Training™
- Yoga Outreach Certification™ Program: A 200 Hour Service Yoga Immersion
- Using Yoga in Your Work™

## Classes

We coordinate weekly trauma-informed yoga classes in a wide variety of settings throughout BC.

- Mental health
- Addictions
- Prison
- Youth
- Seniors
- Women & Children who have experienced violence

