

YOGA SERVICE COUNCIL

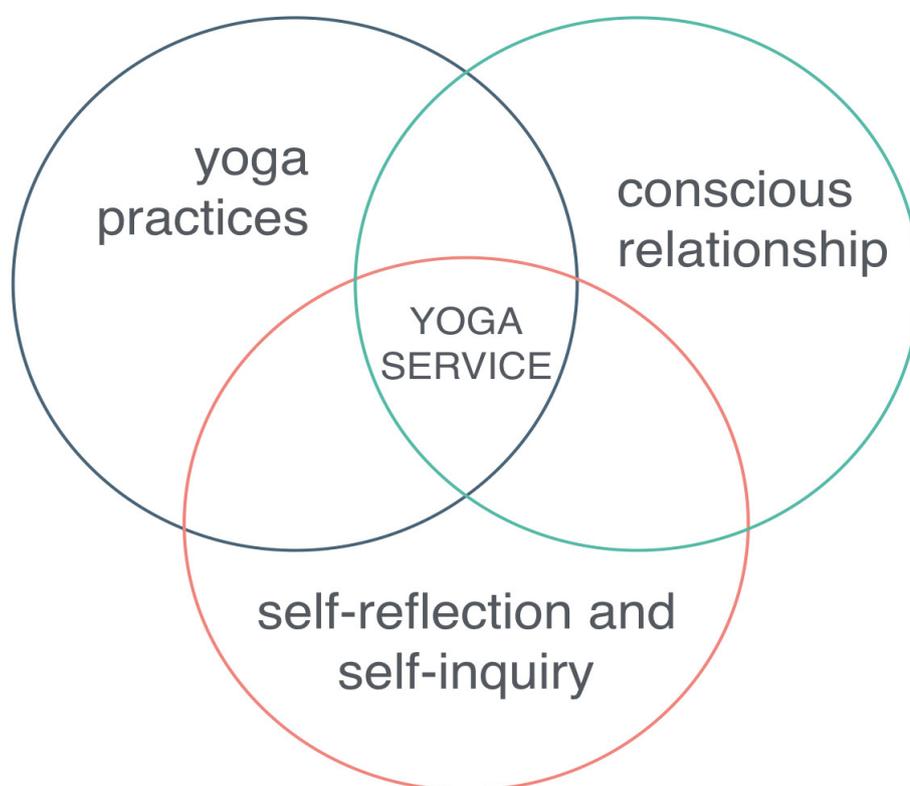
An Inclusive Community of Leaders
Committed to Yoga Service,
Collaborative Education,
and Social Responsibility



WHAT IS YOGA SERVICE

While the yoga service community often discusses its work in terms of addressing specific populations, we recognize that all people experience vulnerability and trauma at different points in life, and that circumstances of being human are such that we all, at times, are in need of the compassionate service of others. We also recognize that there are social forces at play that impact individuals and communities differently, and that issues of power, privilege, and justice must remain at the forefront of any critical discussion of service. We propose that yoga service is not defined by who is served, but rather by the manner in which the practices are offered. Given this context, one can understand the work of yoga service by exploring three key intersecting elements that make up our working definition: teaching yoga in skillful and appropriately adapted ways, cultivating a state of "conscious relationship" with others, and engaging in ongoing self-reflection and self-inquiry.

YOGA SERVICE: *The intentional sharing of yoga practices that support healing and build resilience for all regardless of circumstances, taught within a context of conscious relationship rooted in self-reflection and self-inquiry.*



The Yoga Service Council was formed in 2009, in collaboration with the Omega Institute. We are an interdisciplinary community that welcomes yoga and mindfulness teachers, social service providers, health professionals, educators, researchers, and all others who share our mission and vision.

OMEGA



WHO WE ARE

The Yoga Service Council is a 501(c)(3) non-profit organization, uniquely serving the yoga service community across the United States and beyond. As a membership organization, we support individuals and organizations working to make yoga and mindfulness accessible to all.

OUR VISION

Our vision is a world where everyone has equal access to yoga and mindfulness practices that support healing, resilience, self-development, community building, and positive social change.



OUR MISSION

The Yoga Service Council's mission is to maximize the effectiveness, sustainability, and impact of individuals and organizations working to make yoga and mindfulness practices equally accessible to all.

OUR COMMUNITY

YSC MEMBERS

YSC members consist of individuals and organizations working in the yoga service field. Our members are the heart of the YSC, and supporting them is at the core of our work. In 2016, we revamped our membership benefits to include more personalized support, made member organizations easier to find in the world, and renewed and increased our commitment to member communications and connection.

As a result we dramatically expanded our membership, more than doubling our number of individual members, and growing our organizational membership by 63 percent.

MEMBERSHIP GROWTH

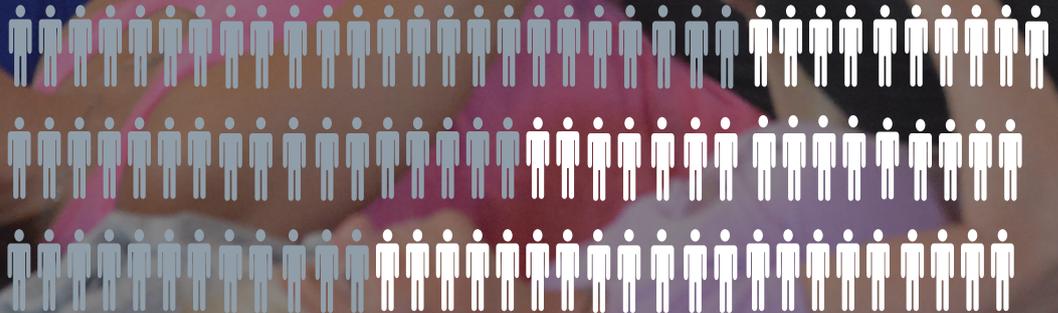
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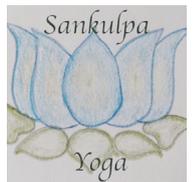
Individual membership more than doubled from 2015 to 2016 (to 344 members), as our commitment to serving individual members with mentoring and support increased significantly.



87 %

Organizational membership increased by 87% (to 99 members, some of which are represented on the facing page), as a result of increased communication and more relevant member benefits.





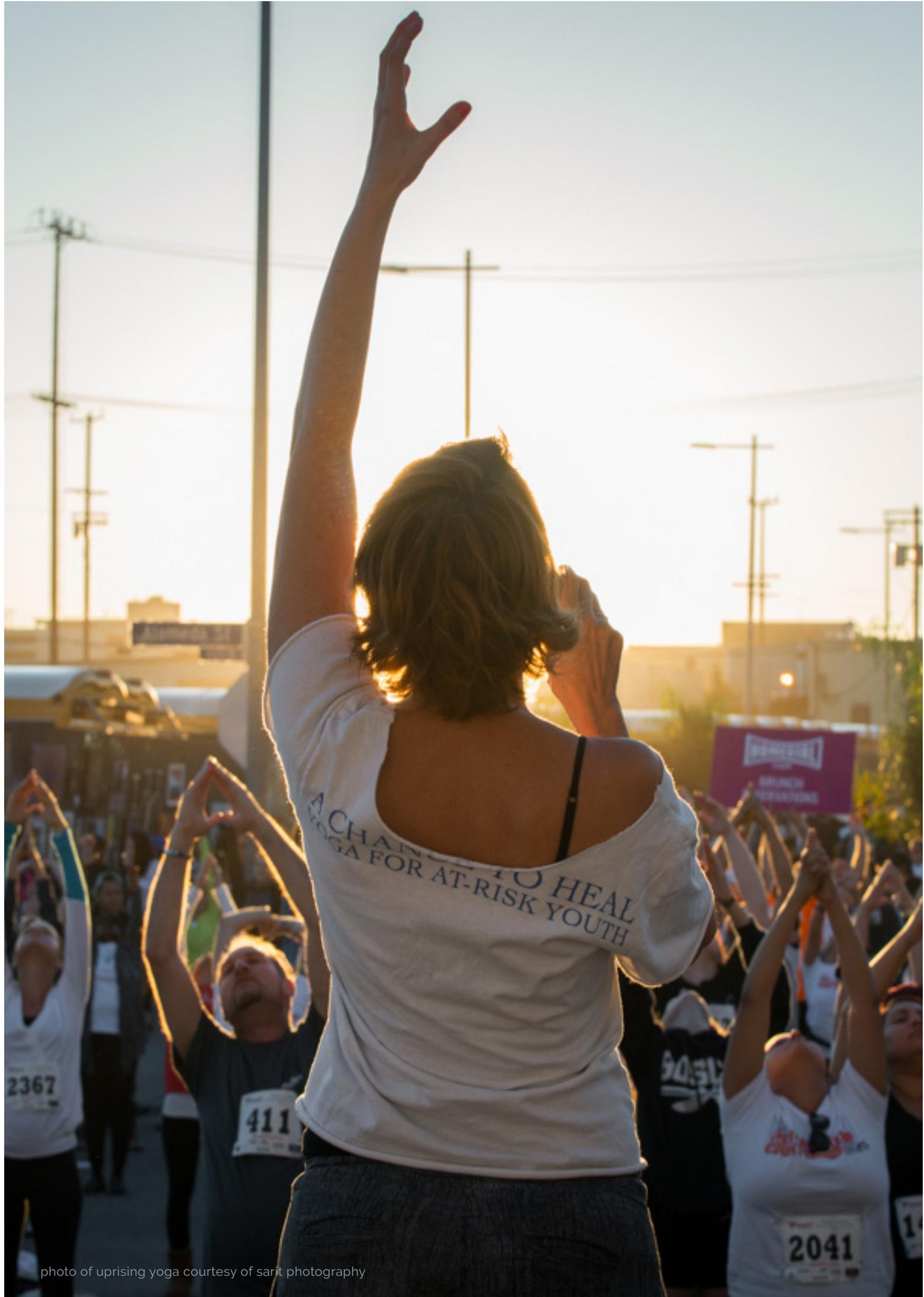


photo of uprising yoga courtesy of sarit photography

WHAT WE DO: NEW DEVELOPMENTS

The Yoga Service Council continued to expand and deepen its offerings in 2016. Highlights included an improved website and social media presence, expanded roster of publications, new membership drive and member benefits, successful Conference and Symposium gatherings, and continued organizational development.



Best Practices Series

The second book in the Yoga Service Best Practices series, *Best Practice for Yoga with Veterans*, was published in November 2016. The third annual Best Practices Symposium, a 25-person by invitation only gathering at the Omega Institute, was held in September 2016 to lay the groundwork for the next book in the series, *Best Practices for Yoga in the Criminal Justice System*.



Yoga Service Conference

Our 5th Conference was held at the Omega Institute. New this year and well received were optional pre-conference full day intensives. World-renowned teachers including Matthew Sanford, Rolf Gates, and Melody Moore served as speakers and workshop leaders. Topics addressed included countering unconscious bias, teaching body-positive yoga, integrating yoga and mindfulness, and developing local yoga service networks.



Community Resource Paper Series

Our new resource paper series launched this year with the publication of "What is Yoga Service? A Working Definition" by Traci Childress and Jennifer Cohen Harper, followed by "Creating a Local Yoga Service Network" by



Mentorship Program

The YSC launched a new Mentoring Program for members in conjunction with our highly successful 2016 Membership Drive. This program offers members an opportunity to engage in a free one-hour mentoring session with a YSC Board member or Advisor matched to their needs annually. We also expanded our conference based one-on-one mentoring, supporting 44 participants individually during the 2016 Yoga Service Conference.



Yoga Service Blog

The Yoga Service Blog continued into its second year with a strong voice and social media presence. The 17 posts produced during 2016 featured a diverse array of writers and topics, including work on teaching yoga in prison, understanding trauma as spiritual crisis, and exploring diversity in the yoga community.



Membership Directory and Events Calendar

Our new web-based Directory of YSC Members, with related event calendar, makes it easier for the those interested in yoga service offerings to connect with organizations near them, and learn about training and event offerings.

"Best Practices for Yoga with Veterans is a truly remarkable resource for those teaching yoga to veterans. So much practical expertise is extraordinarily well presented. Before reading this book, I had no idea of how much I didn't know about working with veterans and their families. Now, I see this book as a must-read for those working in the field, and as a model for best practices in other fields as well."

John Kepner
Executive Director:
International
Association of Yoga
Therapists

YOGA SERVICE BEST PRACTICES GUIDE VOLUME TWO

BEST PRACTICES FOR YOGA WITH VETERANS



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Carol Horton, Ph.D

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2016 update

BEST PRACTICES SERIES

The Best Practices Series is dedicated to uplifting the field of yoga service by sharing the insights, experiences, and knowledge of leading teachers, researchers, therapists, medical professionals, policy makers, and others working to make yoga and mindfulness practices equally available to all. Launched in 2014 as a joint YSC/Omega in initiative, this project has two major components: an Annual Best Practices Symposium, and Annual Best Practices Guide Book.

ANNUAL SYMPOSIUM

Every year, 25 leaders in particular sectors of the yoga service field gather at Omega for a 5-day series of collaborative brainstorming sessions dedicated to identifying shared “best practices”: norms, standards and practices that support teaching yoga and mindfulness in ways that are safe, effective, inclusive, and supported by experiential- and/or research-based expertise.

The goal of the Yoga Service Best Practice Series is to educate, inspire, and uplift the emerging field of yoga service by disseminating best practices for sharing yoga with particular populations in ways that have been widely found safe, effective, and socially just. The project is flourishing, with two books published, a third in editing and a fourth in planning.

GUIDE BOOK

Each fall, an edited volume is published that integrates the knowledge generated at the Symposium with additional input from a select group of teachers, researchers, and others. Prior to publication, each book is vetted by the full roster of Symposium participants, as well as 3-4 peer reviewers, to ensure its status as a top-quality work that will promote excellence in the field.

1 SCHOOLS

Best Practices for Yoga in Schools was published in Nov 2015. During the 2016 year it has been disseminated to almost 1500 yoga providers, school administrators, classroom teachers, researchers, and others interested in bringing yoga to schools effectively. The book is being used by at least nine national teacher training programs as part of their required curriculum.

3 CRIMINAL JUSTICE SYSTEM

Twenty-five experts in the field attended the 3rd symposium at Omega in Sept, a five-day meeting that through facilitated group discussion and peer review laid the foundation for *Best Practices for Yoga in the Criminal Justice System*. In the months since, six contributing editors have been working with editor Carol Horton to develop the material into a guide book to be released in Fall 2017.

2 VETERANS

Best Practices for Yoga with Veterans was published in Nov 2016, after a successful crowdfunding campaign, and was received with tremendous appreciation and support of the field. The YSC is working with VA administrators to plan distribution to those who can best use it, and 8 yoga teacher training programs that focus on veterans and active duty military are currently incorporating the work into training.

4 SEXUAL TRAUMA SURVIVORS

Throughout the year the YSC board has been preparing for the 4th Symposium, to address the topic of Best Practices for Yoga with Survivors of Sexual Trauma. Brainstorming of potential symposium participants and guide sub-topics, along with the creation of the pre-conference survey, are underway, and the gathering will take place at the Omega Institute in Oct 2017.

BREAKOUTS AND INTENSIVES

For the first time this year YSC offered optional full day intensive workshops prior to the conference opening. These sessions were well received, with strong attendance and positive feedback from both attendees and faculty. Providing a unique skill building opportunity while maximizing the use of participants travel time and financial commitment is a priority for us, and we will continue to offer pre-conference intensives at future conferences. In addition, the main conference offered six choices of breakout workshops, of which participants chose two throughout the weekend based on their interests and needs.

ROUNDTABLE DISCUSSIONS

Small group discussions are always a highlight of the conference. This year participants discussed: Yoga, Government and Public Policy (Henry Cross); Yoga and Human Rights (Katie Carter); Finding Funding for Work that Matters (Nicole Cardoza); Yoga in Prisons (Marshawn Feltus); Yoga Service in Healthcare (Rayna Rogowsky); Culturally Responsive Teaching in Schools (Carla Tantilo Philibert); Guiding Teens to a Greater Sense of Agency (Abby Wills); Yoga on College Campuses (Leanne Charlesworth); Yoga and Addiction Recovery (Sarahjoy Marsh); and Yoga and Racial Diversity (Charlene Sams and Susanna Barkataki).



LIVE MENTORSHIP

For the second year in a row, conference participants had the opportunity to receive valuable support and coaching in one-on-one sessions with YSC board members and advisors. Over 40 attendees participated in this unique program, with many establishing ongoing relationships with mentors. This personalized support is a hallmark of the YSC dedication to peer-to-peer learning, community building, and developing strong leaders in the field.

OUR TEAM

The YSC is lead by a dedicated working board of directors, who each contribute significant volunteer time to the organization's projects and programs, as well as one full-time staff member who serves as an operations director, and an excellent group of advisors who contribute to big picture thinking, help us keep the pulse of the field, consult on specific topics, and participate in our mentorship program.

JENNIFER COHEN HARPER

Board President

Jennifer Cohen Harper is the board president of the Yoga Service Council, as well as one of it's founding members. She is a leading voice in the children's yoga and mindfulness community, and the author of *Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance*, and co-editor of *Best Practices for Yoga in Schools*. Jenn is the founder and director of Little Flower Yoga, a national organization based in New York, and The School Yoga Project, which brings yoga and mindfulness to schools nationwide, including directly serving over 5000 children a week in NYC. Her work has been featured in prominent publications including the NY Times, The International Journal of Yoga Therapy, Publishers Weekly, and Yoga Journal.

CAROL HORTON

Board Vice President

Carol Horton, Ph.D., is the author of *Yoga Ph.D.: Integrating the Life of the Mind and the Wisdom of the Body* (2012) and *Race and the Making of American Liberalism* (2005). She served as the lead editor of *21st Century Yoga: Culture, Politics, and Practice* (2012) and *Best Practices for Yoga with Veterans* (2016). Currently, she is editing *Best Practices for Yoga in the Criminal Justice System* (forthcoming 2017). Carol serves as Vice President of the Yoga Service Council, and was a co-founder of Chicago's Socially Engaged Yoga Network (SEYN). A Certified Forrest Yoga teacher, Carol has taught yoga in Cook County Jail, a drop-in center for homeless women, a residential foster care facility, a community health center, and several studios in Chicago. A former college professor, Carol holds a doctorate in political science from the University of Chicago.

BOB ALTMAN

Board Treasurer

Bob Altman is Co-Founder of Centering Youth, the Atlanta based 501(c)(3) yoga service initiative that brings Yoga and Mindfulness to extraordinary people in the Atlanta area. Centering Youth focuses on bringing Yoga and Mindfulness to young people in the criminal justice system, those who have been sexually exploited, the homeless and other distressed children and adults who may not have had the opportunity to experience Yoga and Mindfulness. Bob is also committed to developing models for creating sustainable yoga service organizations, and to raising awareness of, and involvement in, yoga service in Atlanta and across the nation. Bob is mindful of the ideal: "I am not here to help you - I am here because our destinies are intertwined."

CHARLENE SAMS

Board Secretary

Charlene A. Sams is a full time yoga instructor with advanced training and experience in trauma sensitivity to serve adults and juveniles in correctional facilities, and communities. She is the owner and founder of POSH Yoga studio in Wilmington, DE. As director of Empowered Community, a non-profit that supports the implementation and continuation of yoga services in the Wilmington, DE area, she partnered with then, Chief Judge Chandlee Kuhn, to develop a successful curriculum based yoga program for the State of Delaware's juvenile detention centers. Charlene is a contributing author of the Yoga Service Council's *Best Practice's for Teaching Yoga to Veterans*, and *Best Practices for Teaching Yoga in the Criminal Justice System*.

BRETT COBB

Board Member

Brett Cobb is a professional fundraising consultant who has held senior roles with nonprofit organizations for more than 20 years. In keeping with his passion for the interplay of relationships of all kinds, he is the author of *Toward Spirit* (2008), has a deep appreciation of yoga and mindfulness, and has particular enthusiasm for meditation and advocacy for greater compassion and self-compassion. He is a teacher in training of the Center for Mindful Self-Compassion, and is a certified teacher of Compassion Cultivation Training, a program of the Center for Compassion and Altruism Research and Education at Stanford University. Brett lives in St. Petersburg and travels often between Florida and New York.

PAMELA STOKES EGGLESTON

Board Member

Pamela is the founder and CEO of Yoga2Sleep, an organization that uses yoga and wellness services to promote "better sleep for the best life." She has practiced yoga for over 15 years and completed specialized training to include plant-based nutrition, stress management, prenatal yoga and training to work with service members and veterans with post traumatic stress disorder (PTSD) and combat stress. Pamela is a co-founder of Blue Star Families, a national nonprofit that serves to address the challenges of military family life. She is the daughter of an Air Force veteran and granddaughter of an Army veteran who served in WWII. She has been a military and veteran caregiver to her husband, a Purple Heart recipient who survived combat wounds incurred during two tours in Operation Iraqi Freedom (OIF).

SUSANNA BARKATAKI

Board Member

Susanna Barkataki is passionate about bridging self-care and community-care. She is a writer, speaker and educator working at the intersection of self-care, yoga, Ayurveda, socially-engaged entrepreneurship, and healing justice. A descendant of Ayurvedic healers and teachers, she integrates powerful tools for everyday wellness in her yoga teacher trainings and workshops in person and online. She applies ancient teachings with an educator's practicality and organizer's healing justice twist. She has a Masters degree in Education and is a Master Yoga teacher trainer with over 5,000 hours of certified training in diverse modalities in Yoga, Meditation, Mindfulness, Energy Work and Ayurveda. She has taught over 2,500 students, been an educator for 15 years teaching social justice history K-12, and lead retreats, workshops and trainings for adults.

MARK LILLY

Board Member

For Mark, yoga is an everyday survival skill, a practice he has shared with thousands of youth as founder and president of Street Yoga, a Portland, OR based non-profit. He still lives with the tremors of traumas past, and realizes the delicate line between suffering and awakening. His teaching emphasizes cultivation of the best within each of us, the authentic stories and experiences that illuminate our being and drive our teaching to places of deep truthfulness. Mark has developed many special yoga curricula in addition to the core and advanced Street Yoga trainings, specialized work for young patients recovering from illness or injury in the hospital, for young people recovering from sexual abuse, and workshops for adults moving through entrenched traumas or grappling with high-intensity communication situations.

KATHRYN THOMAS

Director of Operations

Kathryn Thomas, E-RYT, is a medically retired and subsequently medically separated Naval Helicopter Pilot who founded and serves as the Executive Director of Yoga 4 Change (Y4C), as well as the Director of Operations for the Yoga Service Council (YSC). In her role as founder/ED for Y4C, she leads a team of 11 yoga teachers who in 2016 served 20,987 different individuals in the Jacksonville Community. The Y4C program specifically targets veterans, incarcerated individuals, vulnerable youth and those suffering from substance abuse with their trauma informed yoga program. As the Director of Operations for the YSC, Kathryn has led a successful membership drive, coordinated two Best Practice Symposiums and assisted two Conferences. Kathryn also sits on the Hawai'i Yoga Prison Project Board of Directors, and enjoys family time with her husband, daughter and their 2 Labrador Retrievers.

ADVISORS

Kelly McGonigal
Jasmine Cherazi
Molly Lannon Kenny
Jacobly Ballard

Nikki Myers
Rolf Gates
Marshawn Feltus
Lynne Staropoli Boucher

Mary Lynn Fitton
Rob Schware
Chandlee Kuhn

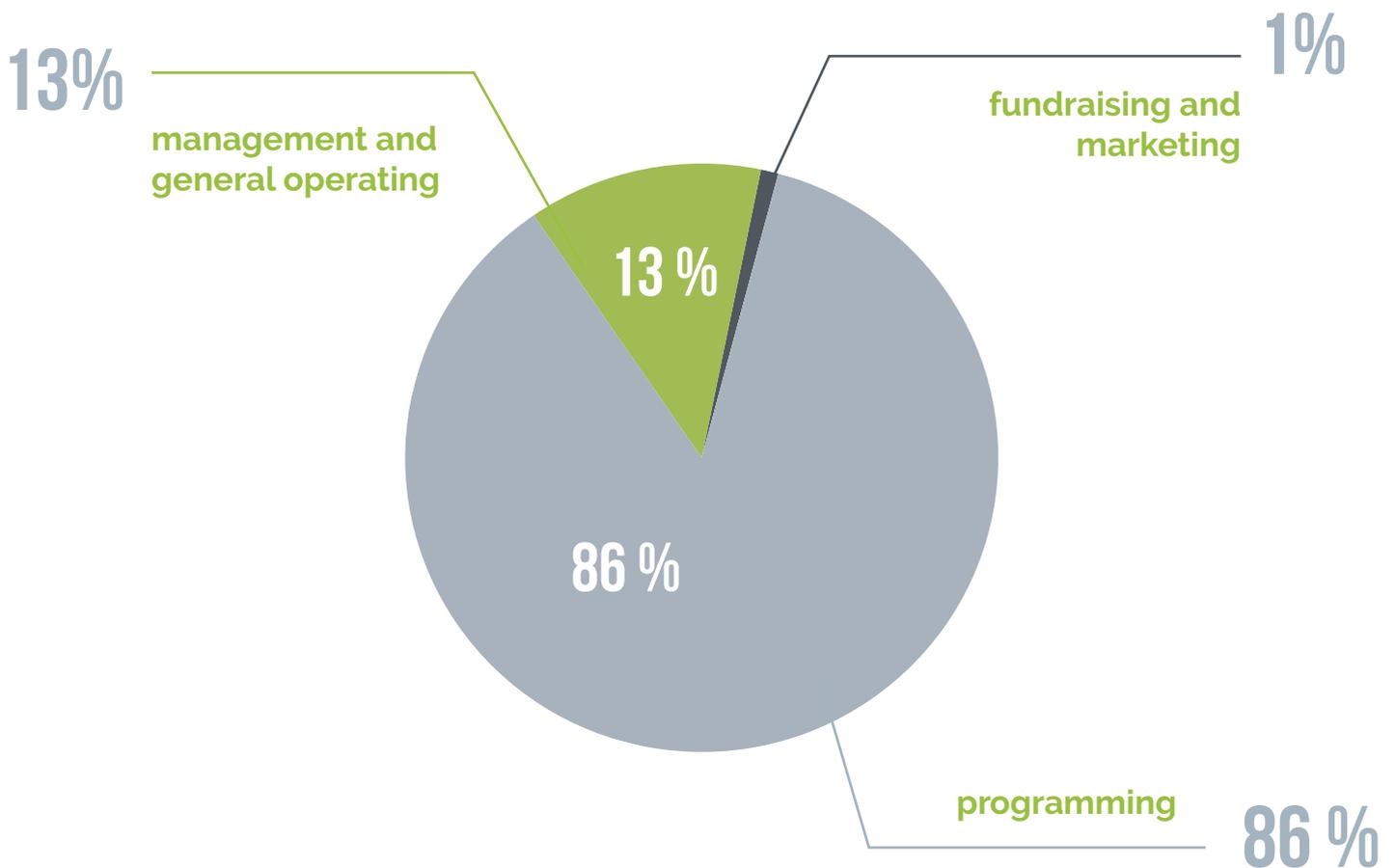


FINANCIAL OVERVIEW

REVENUE

EXPENSES

donations and grants	\$55,447	programs	\$171,096
earned revenue (best practices and conference)	\$35,889	management and general operating	\$25,374
membership	\$18,875	fundraising and marketing	\$1,902
in-kind grants and donations	\$123,000		
total revenue	\$233,211	total expenses	\$198,372



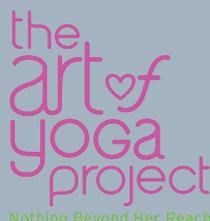
We Have Incredible Supporters

PARTNER IN SERVICE

The logo for Omega Institute, featuring the word "OMEGA" in white, uppercase, sans-serif font centered within a solid teal rectangular background.

The Omega Institute for Holistic Studies

PARTNERS IN SUPPORT OF THE YSC

The logo for "here to be.", with the words "here" and "to be." stacked vertically in a bold, lowercase, sans-serif font, separated by a vertical line.The logo for Jade Yoga, with "JADE|YOGA" in a dark green, sans-serif font. A small green leaf icon is positioned between the vertical bar and the word "YOGA".The logo for "the art of yoga project", with "the art of" in a pink, lowercase, sans-serif font, "yoga" in a larger pink font, and "project" in a smaller pink font below it. A small heart icon is between "art" and "of". Below the text is the tagline "Nothing Beyond Her Reach" in a smaller green font.

THANK YOU!

Omega Institute for
Holistic Studies
lululemon athletica
Jade Yoga
Art of Yoga Project
Cohen Family
Kay Ferguson
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National Kids Yoga
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Bill Brown
Christa Heydt
I Live Yoga

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Lisa Kleysteuber
Marty Bee
Nancy Schalk
Pam Pence
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Susan Alden
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YOGA SERVICE COUNCIL

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2017 CONFERENCE MAY 19-21

