

KARMA

PROJECT

ABOUT Us:

Vinyasa Yoga for Youth (VYFY) is a registered non-profit that was founded in 2008 by Ryan Leier and Kristine Divall. Our goal is to build meaningful connections with youth through the practice of yoga. Our programs engage youth in a fun way and aim to foster self-awareness, encourage an enhanced capacity for compassion, and promote healthy living choices for themselves and their community.

We currently connect with almost 4000 children in the city of Saskatoon and have trained over 220 specialized Yoga for Youth instructors. Just recently we have expanded into Golden, BC!



Our mission is to bring the **power and peace** of yoga to youth everywhere.

Our vision is to **empower** a generation of **courageous** and **mindful** youth.

OUR PROGRAMS:

The programs we offer happen primarily in schools but we often work within day camps, boys and girls clubs, after-school programs, and treatment centres. Sometimes we work with a group of youth on a singular occasion, but often our programs are long-term and we are able to establish deeper connections.

Our Yogi In Residence (YIR) program plays a fundamental role in the relationship-building between VYFY and the students. This three-year partnership with a school or organization puts one of our teachers into a school to form unified relationships and an understanding of the values and practices of yoga. We currently have six YIR placements in Saskatoon within Elementary Schools, High Schools, and the Calder Centre, a youth treatment centre.





Would your
business *make*
JUNE 2017 a Karma
month for VYFY?

WHAT WE ARE ASKING FROM YOU:

The Karma Project is an opportunity to engage the greater community in raising both funds and awareness about VYFY and the programs and trainings that we lead. We don't have core funding and in order to continue the work we do, we need to ask the community for support. The community around us has been very generous and we are grateful!

We know many studios have Karma classes where funds are donated to a different organization each month, and we are asking you to donate from the month of June to help us meet our goal of \$20,000! All of the money raised from the Karma Project will go directly to funding our current programs aimed at bringing yoga to marginalized youth as well as supporting the future growth of our organization

WHAT IS IN IT FOR YOU?

We will run a social media campaign featuring all the participating businesses and organizations and encourage the community to frequent your business! We would also LOVE to share some tricks, tips and ideas we have to make this event a success for your community!

VINYASA
yoga**FOR**youth

