2018 Annual Report
2018 Veterans Yoga Project Annual Report

Letter from the Executive Director:

If you are reading this, thank you! You are one of the thousands of individuals who have made Veterans Yoga Project a force for good in the world. Perhaps you are one of the more than 4,000 donors who have supported VYP. Perhaps you are one of the 1,300+ graduates of our Mindful Resilience Training. Perhaps you are one of the 70+ teachers who are teaching to our veterans and families on a regular basis. Your contribution, as part of this international community of individuals and families, is resulting in a real and positive impact. We are facilitating recovery and we are building resilience. We are the embodiment of post-traumatic growth.

There has been tremendous growth in our organization and growth in the demand for yoga among veterans and active duty communities. Veterans Yoga Project is serving more veterans than ever before and documenting clinically-significant changes in important outcomes. The success of our growth should not be discounted or devalued. There are many challenges that can exacerbate the already challenging circumstances around serving in the US military and transitioning back into the civilian world after that service. We can all stand tall in knowing that our collective efforts are helping to empower and strengthen our military and veteran communities in spite of those challenges.

We could not do the work we do without an incredible team of veterans and civilians working behind the scenes to make it happen.

Thank you,

Dan
1. Executive Summary:

Veterans Yoga Project (VYP) is an educational, advocacy, and direct service organization dedicated to improving the health and well-being of military and veteran families. Working in partnership with veterans, active-duty military personnel, community-based veteran service organizations, and veteran treatment facilities, VYP provides Mindful Resilience Training to support recovery and resilience among our veterans, families, and communities.

By providing support to all veterans currently struggling with severe symptoms or focused on increasing resilience and giving back to others, Veterans Yoga Project is doing its part to serve those who have served. Veterans Yoga Project is an IRS-recognized 501(c)(3) charitable organization.

This 2018 Annual Report includes an overview of the activities of the organization, including data documenting the reach and effectiveness of VYP sponsored yoga classes and Mindful Resilience Training Programs, a year over year comparison of VYP financial information, and results from VYPs signature fundraising events, including Veterans Gratitude Week and Memorial Day Light-a-Candle.

In 2018:

- VYP teachers taught more than 3,200 classes to veterans and their families
- VYP teachers reached more than 20,000 encounters with veterans and their families
- VYP staff held the first Mindful Resilience Women’s Retreat at Feathered Pipe Ranch
- VYP instituted a new volunteer program, documenting more than 600 hours per month
- VYP increased total income by more than 70%
- VYP increased its net assets by 35%
- VYP made a real difference in the lives of our veteran and military families!

2. Veterans Yoga Project: Mission and History:

Veterans Yoga Project was founded by VA-trained clinical psychologist and yoga instructor Dr. Daniel J. Libby with a vision of a future where every veteran reintegrates into civilian life fully empowered to be in a healthy relationship with themselves, their families, and their communities. Dr. Libby started using yoga-based tools (Breathing, Meditation, Mindful Movement, Guided Rest, and Gratitude) as a complementary therapy for his clients at the VA. As these methods were reported to be effective by the clients, and as interest in the project grew, VYP’s activities began to focus on training yoga teachers to serve the growing demand of veterans seeking help through yoga. To this end, Dr. Libby created and began teaching a 15-hour Mindful Resilience trauma-informed training program for yoga teachers, employing the aforementioned yoga-based
tools he found effective as a complementary treatment in his work. More than 1,300 yoga teachers and healthcare professionals have been trained across the US and Canada.

VYP now creates opportunities for our veterans and military families and communities to learn and practice Mindful Resilience with these trained yoga professionals. Based in Alameda, California, VYP has an established presence throughout the country via a network of 19 Regions administered by volunteer regional directors and teachers. Each month these teachers offer more than 300 yoga classes at VA Medical Centers, Vet Centers, residential treatment programs, college campuses, veterans supportive housing communities, active military installations, and with other community-based veterans service organizations. While our “niche” has been the use of Mindful Resilience for veterans recovering from trauma in treatment settings, VYP instructors also support veterans in the community who are using these tools to foster meaning, purpose, post-traumatic growth, and resilience.

Veterans Yoga Project is on a Mission to Support Recovery and Resilience Among our Veterans, Families, and Communities.

VYP creates opportunities for our veterans and military communities to learn and practice Mindful Resilience—the time-tested, evidence-informed, clinically-useful mind/body practices of breathing, meditation, mindful movement, guided rest, and gratitude—to support recovery from stress and trauma, and resilience against life’s ordinary and extraordinary challenges. Mindful Resilience is about living in alignment with our individual and shared highest values and goals, in body, mind, and spirit. As VYP has grown, so has our mission.

- **Mindful Resilience classes for veterans and their families.** VYP partners with more than 18 VA Medical Centers, 17 Vet Centers, and a dozen community-based veteran service organizations. VYP teachers deliver professional quality yoga services for these programs while teaching veterans practices that are adapted to maximize their ability to undo the nervous system dysfunctions that underlie symptoms of stress-related conditions.

- **Healing through multi-day retreats.** These retreats clear the time and space necessary to release the traumatic imprints that negatively influence our lives and create new habits that are more aligned with our values and goals.

- **Specialty training in Mindful Resilience for yoga teachers and healthcare professionals.** Our training programs provide yoga teachers with the skills to safely and effectively use yoga as a complementary therapy in clinical settings.
By providing support to all veterans, whether they are currently struggling with severe symptoms, or they are focused on increasing resilience and giving back to their brothers and sisters, Veterans Yoga Project is doing its part to bring the number of veterans who commit suicide each day from 20 to none.

- **October 2010**: First Mindful Resilience Training (originally "Mindful Yoga Therapy")
- **October 2011**: Incorporated in Connecticut
- **August 2013**: First Veterans Yoga Project veterans retreat
- **August 2014**: 501(c)(3) status awarded (retroactive to October 2011)
- **November 2014**: First Veterans Gratitude Week fundraiser
- **July 2015**: First foundation grant for veterans yoga classes
- **August 2016**: Began data collection for ongoing veterans classes
- **June 2017**: First MRT Advanced Training Summit
- **July 2017**: Number of classes by VYP-trained teachers across USA reaches 100 for first time
- **November 2018**: 5th Annual Veterans Gratitude Week reaches all 50 states
3. VYP Teacher Training: Mindful Resilience Training (MRT) for Trauma Recovery:

VYP’s specialty yoga teacher continuing education training program is a key component of our mission to improve the health and well-being of veterans. This 15-hour workshop includes a combination of lectures, discussion, and practice with the five tools of Mindful Resilience. The training provides yoga instructors and other healthcare professionals an understanding of trauma, the symptoms of post-traumatic stress, how those symptoms are related to underlying biopsychosocial functioning, and how to use this understanding to most effectively hold the space and share the practices of yoga with individuals recovering from trauma.

In 2018, VYP delivered 14 Mindful Resilience Training (MRT) for Trauma Recovery Programs to over 255 teachers, mental health clinicians, veterans, and supporters. Trainings were held in 14 locations across 13 states in the United States including our first training at a VA Medical Center (St. Louis). At least 77 of these teachers are veterans or active duty military.

Approximately 1,343 people have been trained through the Mindful Resilience Training program between 2010-2018. Approximately 70 of these trained teachers are actively teaching yoga to veterans within their communities and reporting their attendance data to VYP. There are 18 additional MRTs scheduled for 2019.

In order to bring these tools to more veterans, VYP has begun creating additional training teams which will expand the reach of our mission by training more teachers nationwide.

The success of these programs can be attributed, in large part, to the host studios that hold space for the trainings. Our gracious host studios provide a healing space for approximately 20-35 teachers in training, help VYP promote the program within the community, and share our passion for sharing yoga with veterans.

VYP offers partial scholarships for veterans, active-duty, and their dependents. Contributions from key donors, such as The Raven Drum Foundation, have allowed us to increase the total number and amount of scholarship offerings. In 2018, VYP provided over $40,000 in partial scholarship support to 110 veterans and their family members who attended the trainings.

Registered Yoga Teachers receive 15-hours additional training towards their Yoga Alliance Continuing Education requirements.
4. VYP-Supported Classes:

VYP Regional Ambassadors collect information about the number of classes being offered monthly by MRT-trained teachers and the number of veterans being served. This information gives us valuable insight into where our teachers are making the biggest impact and can help inform our outreach activities in the future.

The monthly report allows us to track the total number of VYP classes taught by month and gives us visibility into class offerings across each region by teacher and location. Additional data elements include:

- Class Frequency
- Number of Classes per Month
- Attendance (Veterans, Active Duty Military, and Families)
● Venue Type (e.g., VA, Vet Center, College / University, Veteran Service Organizations, Yoga Studio)

From January - December 2018, Veterans Yoga Project-trained teachers offered 3,905 classes across 28 different states.

Classes were offered at VA Medical Centers (VAMC), Veterans Centers, yoga studios, college campuses, and the YMCA, among other venues. VYP-trained teachers documented 20,775 encounters (i.e., # students x # classes) visits by veterans, active-duty, and their families.

VYP partners with more than 18 VAs, 17 Vet Centers, and a dozen other community-based veterans service organizations to provide yoga classes to veterans and their families. These partners include:

Salisbury, NC VAMC  St. Paul Vet Center
Charlotte, NC VA HCC  Oakland Vet Center
Kernersville, NC VA HCC  Concord Vet Center
Fort Bragg Army Base, SC  Martinez VA CBOC
Lincoln, NE VAMC  Santa Cruz Vet Center
Kansas City VAMC Honor Annex  Eureka VA CBOC
Palm Beach Vet Center  Palo Alto VAMC
Baltimore Vet Center  North Bay Vet Center
Dundalk Vet Center  Peninsula Vet Center
Annapolis Vet Center  White River Junction VAMC
Aberdeen Vet Center  Sioux Falls Vet Center
Pt. Belvoir  Fargo VAMC
Northport VAMC  Cleveland VAMC
Sitrin Health Care Center
Washington Veterans Home
Federal Way Vet Center
Seattle Vet Center
Washington Air National Guard Camp Murray
American Lake VAMC
Everett Vet Center
Abie Abraham Health Care Center
Coatesville VAMC
Tucson Southern Arizona VA HCS
Fayetteville VAMC
Kerrville VAMC
Warm Springs Rehab Hospital
Pt. Sam Houston Gym
Randolph Air Force Base
San Diego VA ASPIRE Center
Stonington Institute Starlight Treatment Program
Bindu Yoga Studio
Studio 1084 Naples
Iron Barre Yoga
University of Montana Mind-Body Center
Big Red Barn, South Carolina
Feathered Pipe Ranch, Helena, Montana;
Team Red, White & Blue: Charlotte, NC; San Francisco, CA; and Long Island, NY.
Hayward Veterans Memorial Building
The Learning Center at Red Willow
Lone Survivor Foundation

*Figure 2* (below) includes a summary of Veterans Yoga Project total and ongoing classes reported. Ongoing classes are defined as classes continuing at the weekly or monthly pace, while the total classes include special events and retreats.
Our goal is to increase the total number of classes from 3,905 in 2018 to 5,000 in 2019 and to 7,000 in 2019.

Figure 3 (below) includes an overview of the 20,775 total VYP encounters between January and December 2018. One student attending a single class is considered one encounter and the number of encounters by veterans and active duty, family members, and other supporters such as mental health staff are tracked separately. Veterans and active duty encounters are separated into the number of male encounters and female encounters.
Our goal is to increase the number of veteran visits from 20,775 in 2018 to 25,000 in 2019 to 30,000 in 2020.

**Veterans attending VYP classes report clinically-significant decreases in pain and distress.**

In 2018, VYP completed an evaluation of program effectiveness using subjective pain and distress scores from encounters (1 encounter = 1 student per 1 class) at six programs across four facilities:

1. Northport VA Medical Center, Long Island, NY
2. Kernersville VA Health Care Center, Kernersville, NC
3. Charlotte VA Health Care Center, Charlotte, NC
4. Everett Vet Center, Everett, WA

- Veterans reported subjective ratings of their stress and pain before and after each yoga class on a scale from zero (none) to 10 (worst imaginable/unbearable). The evaluation includes the results of 1,330 encounters.
- In terms of pain overall, veterans experienced a relative decrease in subjective pain during 76% of encounters (Figure 4a). Participants experienced a decrease of 2 points or more, a common threshold for clinically meaningful pain change, 50.5% of the time. The
average reduction in pain was also statistically different than zero (i.e., the pain changes are not random; *Figure 4b*).

- In terms of distress overall, veterans experienced a **decrease in subjective distress** during 86% of encounters (*Figure 5a*). The average reduction in distress was also statistically different than zero (*Figure 5b*).
5. VYP Healing Retreats:

In September 2018, VYP held its first women’s healing retreat (4th overall) for 19 veterans at Feathered Pipe Ranch in Helena, Montana. The retreat was designed to provide female veterans with an opportunity to learn skills to enhance their recovery and/or build their resilience via:

- Instruction and practice in self-regulation skills including breathwork, meditation, mindful movement, guided rest, and gratitude practices;
- Various recreational activities with plenty of time to unplug, including hiking, swimming, napping, and connecting with other veterans; and
- Information about social, medical, legal, and mental health resources available to veterans.

Program evaluation survey results showed that the goals of the retreat were achieved. Among other documented outcomes, the veteran participants reported improvements in sleep, depression, and fatigue, as well as increases in post-traumatic growth. The full report can be found at veteransyogaproject.org/accountability

“This retreat was deeply moving and healing in ways I never expected. I can only begin to express my gratitude for the opportunity to share this experience. I am taking so much forward with me in my life, and leaving behind things that don’t serve me or which have been causing suffering. My sleep has improved, my relationships with others and myself are changing toward the positive, and I have much more clarity about further steps in healing and my path from here. I have already been experiencing it unfold. My heart is bursting with the joy of all this and the readiness and openness to do this new work. Thank you, thank you, thank you.”
6. **VYP 2018 Financial Summary:**

VYP is committed to financial transparency.

**Total Revenue** is comprised of income received in three major categories:

1. **Individual and business contributions and Foundation Grants:** Contributions received directly from individuals and businesses including donation based yoga classes from Veterans Gratitude Week and other regional fundraisers, as well as grants from private and public foundation grants. VYP receives no financial support from any government sources.

2. **Program Service Revenue:** Revenue received through tax-exempt programs, including revenue received from MRT Teacher Training payments.

3. **Other:** Investment Income, revenue from the sale of VYP Merchandise.

*Figure 6* illustrates VYP revenue by each category for 2014-2018:

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1. Source: Website || Guidestar || Understanding the IRS Form 990 || Date of Publication: January 1999 || Date Accessed: 31 Jul 2017 ||
Total Expenses are comprised of the following three categories of spending:

1. **Program Expenses**: All expenses incurred and directly associated with the main mission of the organization.

2. **Administrative (Operational) Expenses**: General, administrative and managerial expenses (e.g., expenses incurred in record keeping, budgeting, compliance, and other administrative functions).

3. **Fundraising Expenses**: Expenses incurred in conducting fund raising activities.

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**Figure 8**: Total Expense Overview by Expense Category (2014 - 2018)

**Figure 9**: Cumulative Net Assets for 2014 to 2018
7. Veterans Yoga Project Signature Events:

Veterans Yoga Project holds two annual fundraisers, supported by donations from yoga classes and individuals and organizations.

- **Veterans Gratitude Week - November 2-12, 2018.** These events allow civilians and veterans and yoga communities everywhere to dedicate one practice to tangibly expressing gratitude to the men and women and families who serve and protect in the Armed Forces. In 2018 we were finally able to attain our goal of reaching all 50 states in the USA.

<table>
<thead>
<tr>
<th>Year</th>
<th># Donation Based Classes</th>
<th># States</th>
<th>Total $ Raised</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>96</td>
<td>25</td>
<td>$37,300</td>
</tr>
<tr>
<td>2015</td>
<td>400</td>
<td>39</td>
<td>$61,100</td>
</tr>
<tr>
<td>2016</td>
<td>425</td>
<td>46</td>
<td>$69,837</td>
</tr>
<tr>
<td>2017</td>
<td>420</td>
<td>47</td>
<td>$56,002</td>
</tr>
<tr>
<td>2018</td>
<td>501</td>
<td>50</td>
<td>86,578</td>
</tr>
<tr>
<td>Total</td>
<td>1,842</td>
<td></td>
<td>$310,815</td>
</tr>
</tbody>
</table>

*Figure 10: Results of VYP Gratitude Week (2014-2018)*
• **Light-A-Candle (Memorial Day):** Veterans Yoga Project commemorates this day with a Memorial Day Meditation. For each donation and dedication received, VYP lights a votive candle and honors that dedication at our Memorial Day Peaceful Warrior in Action Meditation. In 2016, this was done at MAYfest, in Cold Spring, New York. In 2017, our ceremony was conducted at the Feathered Pipe Ranch in Helena, Montana. In 2018, more than 300 people came together to raise more than $13,000 for the Memorial Day Light-A-Candle campaign, which culminated in the VYP Breathe Free event on the USS Intrepid Sea, Air & Space Museum in New York City.
8. VYP Volunteer Support Team:

Our organization’s outreach and operations are supported by more than 100 volunteers who contribute to the mission by donating their time and expertise to VYP. Volunteers support all aspects of the organization including:

- Regional outreach and awareness
- Recruiting and coordinating volunteers
- Fundraising and friend-raising
- Grant writing activities
- Data management
- Communications and social media
- Financial management / Accounting Support
- Teaching yoga to our veterans, families, and communities

In 2018, the Volunteer Support Team continues to build on the organizational infrastructure that acknowledges, supports, and tracks the efforts being donated by VYP’s family of volunteers. The Volunteer Support Team coordinates new volunteer recruitment; volunteer data management, including project assignments and hours tracking; policies and procedures to guide the work of volunteers; training to enhance volunteer effectiveness; and appreciation efforts to recognize the spirit and accomplishments VYP volunteers contribute to our mission. These efforts have led to significant leaps in administrative quality and retention of executive level volunteers. Filling these positions has provided continuity and stability allowing VYP to envision greater initiatives.

We have instituted new procedures for volunteers to document their volunteer hours. As of December 2018 for example, more than 600 hours were logged by VYP volunteers. The Volunteer Support Team data manager has developed a thorough report that captures a full picture of the work our volunteers complete, and identify clearly the rhythm of our work requirements throughout the year. The Volunteer Support Team has established monthly volunteer recognition procedures to ensure the work of our volunteers is recognized and shared with the whole organization.
9. Future VYP Initiatives: 2019 Outlook:

In 2019, VYP plans to continue strengthening the support structures of the organization to maintain sustainability. This includes better support of VYP teachers who are teaching to veterans in treatment and community settings; increasing the number of veterans impacted by VYP programs; improve the reported outcomes of these encounters including stress and pain scores; and expanding VYPs diverse streams of income.

A. To increase the quantity and quality of yoga classes for veterans and their families.

   a. We will continue to build out our Regional Structure, providing guidance and support to the Regional Team members who are guiding the efforts for veterans and their families in their local communities.

   b. We will increase the number of teachers who are collecting data about the effects of their classes on the veterans who attend to both provide important feedback to the teacher about the content of the class, and to document the effectiveness of the practices.

10. VYP Learning Academy:

In August 2017, VYP developed initial content for the VYP Learning Academy and identified a learning management system (LMS) platform that will serve the VYP community. The first course, *Transforming Compassion Fatigue into Compassion Satisfaction* is in development and is scheduled to be released at the end of 2019.

The objectives of the VYP Learning Academy are to:

- Provide veterans with remote, online access to yoga classes and Mindful Resilience Training that allows them to practice at home or while traveling (VYP Practice Library)
- Improve internal communications for staff and executive members
- Deliver interactive and outcomes / assessment-based training via an online environment to complement in-person training
- Provide continuing education and relevant academic resources for yoga teachers, yoga therapists, and healthcare professionals

With additional funding and staff support, VYP intends to further develop the curriculum and to produce and deliver additional content that will complement the existing program construct of in-person training and static web support. As the VYP Learning Academy evolves, we can harness and offer our learning as a community from the field, from clinical research, and future content experts.
11. VYP Public Recognition: 2018

1. Stone Arch Creative Podcast with Daniel Libby and Mike Millios.  
   https://www.veteransyogaproject.org/blogbase/2018/11/18/podcast-is-live

2. Bloomberg Radio NYC interview with Ceasar Barajas  

3. WPIX coverage of Intrepid event:  

4. Breath Free video made by Kelsey:  
   https://www.youtube.com/watch?v=DZi5Zod-tXo

5. KTVU: Alameda nonprofit provides yoga for veterans with PTSD. June 8, 2018:  
   a nearly 5-minute spotlight on veterans who have benefitted from VYP programs.

12. Final Remarks and Testimonials:

Veterans Yoga Project is grateful to be part of a tradition of service and giving back to the families who have served in the Armed Forces. More than 1,600 individuals, yoga studios, businesses, and organizations provided generous financial support for VYP’s Mission in 2018.

We could not do what we do without that generosity. Veterans Yoga Project is making a real difference in the world, supporting veterans and their families in a unique and holistic way. Thank you!!

In particular, VYP would like to give special mention to the following supporters:

   Dakota Foundation
   Lululemon Athletica, Inc.
Aileen S. Andrew Foundation
Long Island Community Foundation
Dean and Margaret Lesher Foundation
Frederick P. Lenz Foundation for American Buddhism
Raven Drum Foundation
J. M. Kaplan Fund, Inc.
The Reso Foundation
Northwell Health
Winston-Salem Foundation
The Allstate Foundation
Disabled Veterans Charitable Service Trust
MGN Family Foundation
Gilhousen Family Foundation
Andeavor Foundation
Trust for the Meditation Process
Sewa International
Town Pump Charitable Foundation
Oerlikon Metco (US) Inc.
These are a few of the testimonials from the Veterans we have served:

- Insert testimonials from 2018 Monthly Reports:

<table>
<thead>
<tr>
<th>You folks are doing me a world of good</th>
</tr>
</thead>
<tbody>
<tr>
<td>I like the way you present the class - and especially the last half hour of guided meditation. It's beautiful and healing. After the class I felt a lot of sense of well being both physically and spiritually.</td>
</tr>
<tr>
<td>I really went deep with your style of meditation - I feel as if I had an out of body experience. It was hard to come back. I left with a very relaxed feeling.</td>
</tr>
<tr>
<td>relaxing</td>
</tr>
<tr>
<td>breathing is helping me with my anxiety</td>
</tr>
<tr>
<td>best part of my week</td>
</tr>
<tr>
<td>i truly needed this today</td>
</tr>
<tr>
<td>It was a great group. Feel much better. Under the weather some. Good class. Less stress after, great.</td>
</tr>
<tr>
<td>Great class always./Glad to be here!</td>
</tr>
<tr>
<td>Veteran had back pain. He said his back did not hurt after our session. He wants to continue yoga.</td>
</tr>
<tr>
<td>Oh wow, I have never been nice to myself my whole life. You helped me see that this could be possible.</td>
</tr>
<tr>
<td>Is this stuff spiritual because I kinda felt spiritually moved.</td>
</tr>
<tr>
<td>that's the first time I was able to rest and relax since I got back from Afghanistan</td>
</tr>
<tr>
<td>I now walk with my feet fully connected to the ground. It feels strong</td>
</tr>
<tr>
<td>Thank you for a moment of peace.</td>
</tr>
<tr>
<td>I was very stressed out, now I feel relaxed.</td>
</tr>
<tr>
<td>Cool! Best Class! This is the best thing for me as an addict. Great. Good stuff! Wish I was rubbery. Very good. Peaceful. Helped a bit. Enjoy the yoga, thanks! Relaxed.</td>
</tr>
<tr>
<td>Great class, thank you. Feel great about being here. Feel mentally better. Glad to be here. Relaxing. Glad to be here, always!</td>
</tr>
</tbody>
</table>
I came in here with a real thumper and now it's just gone.

I am relaxed and breathing.

Charlie's class really helps me.

It's working for me, it's working well.

I think I am changing the breath.

This is real nice. I didn’t know I could move so much.

My shoulder has been stuck for weeks and that stretch to my ribs just loosened my shoulder. Thank you so much.

In tree pose I used all of my foot today. I pressed down all the way around and it helped. I could feel it.

This was a really fun class

Wow, this breathing stuff really works. I'm surprised by how I feel better.

Oh my gosh, what you're saying makes sense... now I understand why I feel anxious (etc)

I am going to practice this every day.

I feel so relaxed I could fall asleep... I haven't been able to sleep in so long.

I don't think I've ever felt so relaxed.

I feel incredible. And I did this... I did this! I'm gonna make it (in the world).

I was very angry at the beginning of this class, now I feel much calmer.

Enjoyed class & personal attention to my needs (Chair yoga)

My balance is getting so much better. Thanks!

I feel a lot more calm. Thank You.

Feeling great; Great class, thank you; Outstanding

Thanks for your help with my tight hamstrings

That made the pain in my feet go away.

I'm so grateful to you and this program. Thank you for all you are doing for our vets

I love this class. I always feel so much better afterwards.

Using the bolster really helped. I feel like I had better access to my breath. That was good.
Great class, awesome, relaxing mood thanks!

The breathing exercises have been life changing for me

Thank you so much. I have learned so much. Why don’t people talk about this stuff [posture, breathing, yoga practices] more often?" "Thank you. This was really meaningful to me.

I feel so relaxed. I haven't been free of pain in years until today, for a few minutes during class.

Great class with two great teachers (Jolynn McFerren and Kathy House)!

"It really relieved my stress" "Excellent" "very Good""Good class - relieving""Nice Class" "I wonder why this stuff is working. I like it." "Feeling OK" "Clean and serene" "Gnarley" "Good Job" "Needed stretch/break"

This 3 part breathing really works! especially when the doctor is putting a needle into your ear!

I suffer from so much anxiety and this is the one place I can relax

Very relaxing, very good and helpful, very helpful, I wish I could feel like this all the time.

two veterans were nearing discharge date and were interested in learning more..I referred them to VYP website resource page. :-))

I feel great!; Great class; Good session; Great to be here! Yay!

gave me a chance to get out of my head and focus on myself"."Always wanted to try it, will look in to it in my area."

I called my wife and told her all about you and the yoga class. She is looking for yoga classes back home. We are going to start going to yoga classes together. I want to change how I feel about myself and I want to lose weight, and I understand Yoga can help me do that. So I'm going to make sure this part of my lifestyle when I leave.

"Yoga is going to be a big part of my recovery process." "Why don't more people know about Yoga?! This is amazing!" "Wow I feel so calm. I haven't felt like this the entire time I've been here." "When are you coming back? Can we do this every day?"

After 15 years I can finally clip my own toenails

Great class! Relaxing! Wonderful! Awesome techniques! Amazing session. Very good thank you!

I haven't been to class in a while so being here today I can really see the improvements in
you(students)

Yoga has been better for my back problems than PT!

Perfect workout today; had a lot of tension in my neck and shoulders; worked it out of both!

Yes, in soooo many ways

We just move here (Tucson) and have tried several classes. This is the best one by far and we will return. Your class includes breath work and slow stretching that the other classes neglect.

One student said to be after hand mudras and breathing, "My girlfriend who is in a wheelchair keeps telling me that she's doing yoga. And I didn't believe her before, but now I understand what she's talking about! This was great!

Great class!, Always a pleasure, Awesome, Very good, relaxed

Very good session, Religious Conflict

The events in Congress have caused me great pain and suffering. After this iRest session I have an entirely different state of mind and body for the better.

I'm taking my "Pause Button" home with me tonight.

I feel like the tin man, that got oiled :)

Oh YEAH! That was awesome!

I look forward to this class every week, it helped a lot relaxed mind and body, thank you, helpful, namaste, excellent class

Very helpful, Excellent class, Great, Relaxing, We can handle a little more, Thank You, Nice Relieves Tension, Enjoyed the class

Yesterday's session was exceptional, great call on The Yoga Nidra

I felt great my power is back! // Love coming it really helps // It helps with my vertigo // Love coming I feel a lot better // Outstanding

Relaxing, very much needed thank you, excellent job, excellent, always great, favorite class, refreshing, wonderful, thanks much

"I walked in and observed my husband in your class. I have not seen him move his legs since he was put in a wheelchair a few months ago. Plus he has suffered some type of dementia. I asked him after the class what made him come to yoga?" "I’m not sure but he said I think it is going to help me." First time in months I saw a glimpse of hope and a smile. Thank you.
This is exactly what I needed in my life, the first time I could make my mind still and feel like I could breathe. I hope you realize you are changing people lives in such a positive way.

Beautiful class./Thank you so very much/Happy. Thank you.

Therapist at facility stated; "Apparently the Vietnam veteran had the “best night of sleep” after class last Wednesday."

Yoga helps my mind

I love coming to class and feeling so grounded

Comfortable, very relaxing and refreshing, calming and rested, great class, energetic

I can sleep better after I come to yoga class.

My balance is getting so much better. I have put off knee surgery because I come to yoga and my knee doesn't hurt. As long as I am not in pain I don't have to do the surgery.

Do you have any reading suggestions so that I can keep learning more on my own?

Very relaxing. Very nice, thanks. Feel better.

This class helps me survive grief.

Thanks for hand exercises.

I love coming and growing in Yoga

Relaxing, nice, very good, great class, love my yoga, relaxed, comforted, awesome class, excellent class, great class, excellent, calm, relaxed,

Great class.
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Conditions: For Yoga Teachers, Therapists and Mental Health Professionals.