

# YAMA FOUNDATION REPORT

# 2019



## Our Work

Making Yoga, Arts &  
Meditation Accessible



**Our Impact to Date**  
Highlighting Results



**How We Used our Funds**  
Funding & Spending

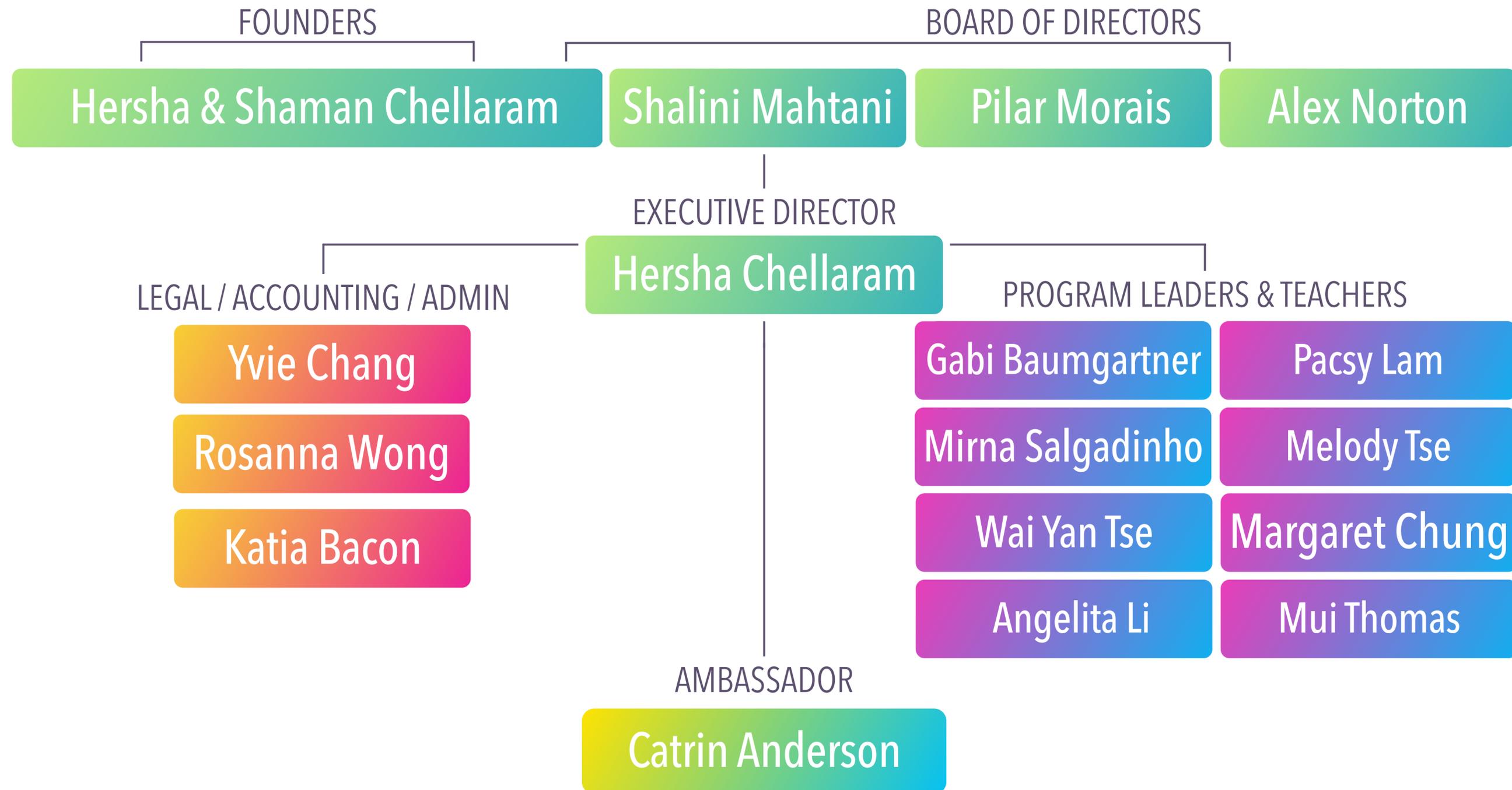


## DISCLAIMER

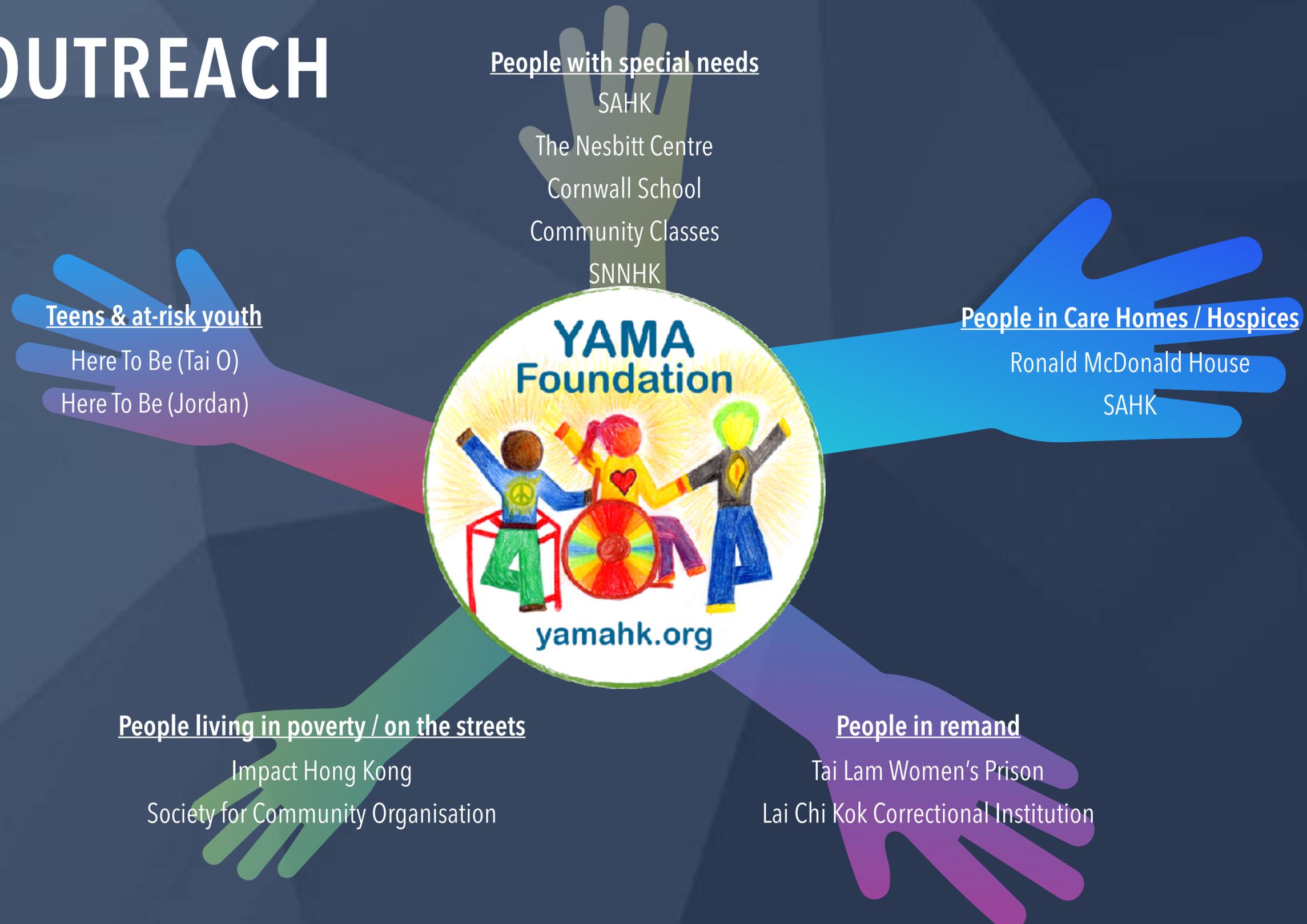
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# YAMA'S ORGANISATIONAL STRUCTURE



# 2019 OUTREACH



<https://docs.google.com/spreadsheets/d/1HlhHdUb19IIY4oyDVDY4A1mO80xXvLmWgwdFFkiJMv0/edit?usp=sharing>

Ongoing Programs	2018	2019	2020
Anfield School: 1-1 Yoga Sessions during school hours for the SEN division	No program	Started in September: 9 classes Beneficiaries: 2 children with SEN	Target: 12 classes Beneficiaries: 2 children with SEN
The Nesbitt Centre: Monday Accessible Yoga	No program	Started in September: 11 classes Beneficiaries: 4 students with profound disability	Target: 26 classes Beneficiaries: 5 students with profound disability
The Nesbitt Centre: Friday Yoga for Young Adults with Special Needs	No program	Started in April: 34 classes Beneficiaries: 6-8 young adults with SEN	Target: 28 classes Beneficiaries: 6-8 young adults with SEN
Community Classes: Yoga for Children with Special Needs - Private 1-1 Classes @ Platform (Hong Kong Island)	No private classes	Started in January: approx. 32 classes Beneficiaries: 5 students with SEN	Target: 26 classes Beneficiaries: 4 students with SEN
Community Classes: Yoga for Children with Special Needs - Group Classes @ Platform (Hong Kong Island)	Started in January: 30 classes Beneficiaries: 5-8 children with SEN	Started in January: 32 classes Beneficiaries: 5-8 children with SEN	Target: 24 classes Beneficiaries: 5-8 children with SEN
Community Classes: Yoga for Children with Special Needs - Private 1-1 Classes @ Indigo Studio (New Territories)	No program	Started in April: 21 classes Beneficiary: 1 student with SEN	Target: 24 classes Beneficiaries: 3 students with SEN
Community Classes: Accessible Yoga @ Platform (Hong Kong Island)	Started in September: 9 classes Beneficiaries: 1 student with disability	Started in January: 13 classes Beneficiaries: 2 students with disabilities	Target: 24 classes Beneficiaries: 4 students with disability
SAHK: Yoga for Adults with Special Needs	Started in September: 12 classes Beneficiaries: 16-20 women with SEN	Started in January: 22 classes Beneficiaries: 16-20 women with SEN	Target: 24 classes Beneficiaries: 16-20 women with SEN
SAHK: Accessible Yoga for the Elderly with Special Needs	No program	Started in December: 2 classes Beneficiaries: 4-6 seniors with SEN	Target: 24 classes Beneficiaries: 4-6 seniors with SEN
Ronald McDonald House Charities: Family Yoga for Children with Chronic Illness and their Caregivers	22 classes (approx. 4-6 residents)	Started in January: 24 classes (Dec. 1x/week) Beneficiaries: approx. 4-8/class (30 residents)	Target: 36 classes (1x/week) Beneficiaries: 8-10/class (30 residents)
Tai Lam Women's Prison: Yoga for People in Remand	Started in January: 30 classes Beneficiaries: 10/class (approx. 100 women in remand)	Started in January: 36 classes Beneficiaries: 10/class (approx. 100 women in remand)	Target: 30 classes Beneficiaries: 10/class (approx. 100 women in remand)
Lai Chi Kok Men's Correctional Institution: Yoga & Movement for People in Remand	No program	Started in December: 2 classes per visit x 2 visits Beneficiaries: approx. 40 men in remand	Target: 2 classes per visit x 24 visits Beneficiaries: approx. 40 men in remand
Impact Hong Kong: Yoga for the Homeless	No program	Started in August: 19 classes Beneficiaries: 5 people in poverty	Target: 30 classes Beneficiaries: approx 4-8 people in poverty

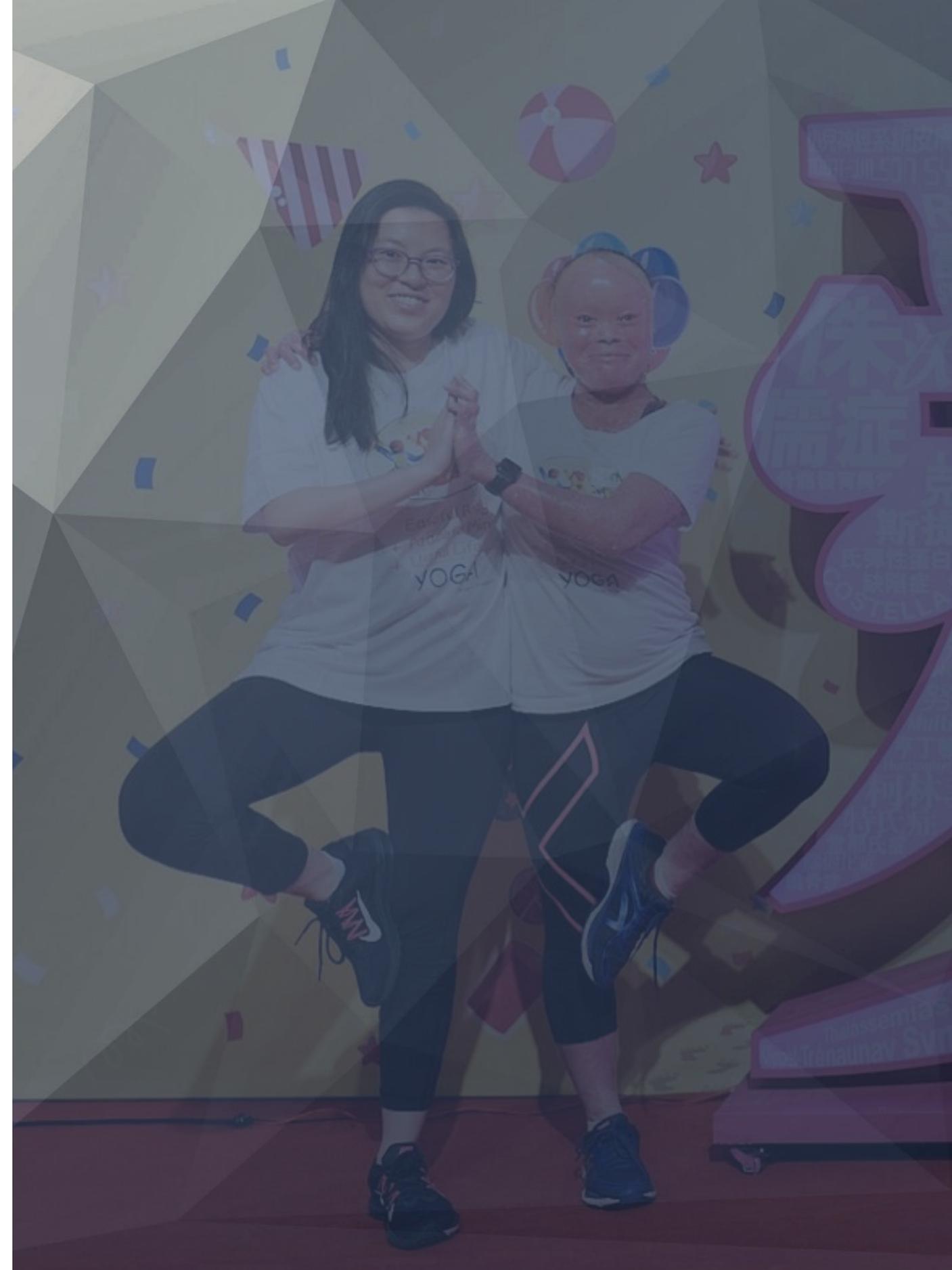
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Grants for Projects	2018	2019	2020
<p>Joshua Hellmann Foundation - "Art In Your Life   Yoga In Your Heart" for Children with Rare Diseases &amp; Special Needs at Cornwall School</p> <ul style="list-style-type: none"> <li>- YAMA is the sub-grantee of a HK\$2m grant awarded to JHF by Swire Trust.</li> <li>- YAMA received \$336,000 to cover professional fees &amp; insurance costs and workshop expenses</li> <li>- YAMA received an additional \$101,000 to issue a cheque on behalf of JHF for repairs to Cornwall School after the November 2019 protests</li> <li>- Future payments to cover workshop expenses as JHF needs</li> </ul>	No program	<p>October to December 2019: 7 weeks x 2 sessions (15 children with rare diseases and special needs) = 14 sessions total (6 sessions missed due to November protests)</p>	<p>TBD - Target 16 weeks x 2 sessions (15 children with rare diseases and special needs) = 32 sessions total</p> <p>Once the academic year has been completed, we will revisit the 2020-2021 academic year</p>
<p>Lululemon Hong Kong Stores - Here To Be: Yoga &amp; Mindfulness for Teens and At-risk Youth</p> <ul style="list-style-type: none"> <li>- 2019 Grant: HK\$107,200 (Actual spend \$83,344.00)</li> <li>- 2020 Grant: HK\$116,400.00 (Actual spend TBD)</li> </ul>	No program	<p>Urban Program: 8 weeks (22 teens aged 15-19 years from across all of Hong Kong schools)</p> <p>Buddhist Fat Ho Memorial College, Tai O: 8 weeks (20 teens aged 15-19 years)</p>	<p>Urban Program: 6 week program (TBD - Target 20 teens aged 15-19 years from across all of Hong Kong schools)</p> <p>Tai O Program: 12 weeks program (2 classes every other week for 20 teens aged 11-14)</p>
<p>Lululemon Global Grant - Accessible Wellbeing Conference</p> <ul style="list-style-type: none"> <li>- 2019 Grant: US\$30,000 (HK\$232,000.00)</li> </ul>	No program	Event postponed	<p>One-day event: Postponed to June 20, 2020</p> <p>Target: 200-300 people (families with members who have disability or special needs)</p>
Other Projects	2018	2019	2020
SNNHK Collaboration:	Co-hosted 2 events	Co-hosted 4 events	TBD - SNNHK now its own society and has its own bank account
Karma Yoga Christmas Giving: Shoe Drive	140 pairs of shoes (shoe vouchers)	87 pairs of shoes (shoe vouchers)	150 pairs of shoes (shoe vouchers)

<https://docs.google.com/spreadsheets/d/1HlhHdUb19IIY4oyDVDY4A1mO80xXvLmWgwdFFkiJMv0/edit?usp=sharing>

# PAST EVENTS

- Rare Disease Expo December 2018
- CareER Walkathon January 2019
- Launch of Here To Be Teen Program February 2019
- Asia Yoga Conference June 2019
- Summer Kirtan Festival June 2019
- International Yoga Day June 2019
- Launch of Art In Your Life... September 2019
- Christmas Giving Shoe Voucher Drive - December 2019





# Income Summary

April 1, 2017-  
March 31, 2018

April 1, 2018-  
March 31, 2019

April 1, 2019  
March 31, 2020  
(Estimation to date)

April 1, 2020-  
March 31, 2021  
(Projection)

Donations from Individuals

HK\$36,562.00

HK\$27,434.75

HK\$8,820.00

HK\$30,000.00

Donations from Businesses

HK\$13,500.00

HK\$74,600.00

HK\$31,023.80

HK\$50,000.00

Contributions from Community Classes

HK\$44,114.00

HK\$36,341.70

HK\$32,220.00

HK\$28,000.00

Grants

HK\$21,400.00

HK\$80,070.00

HK\$889,607.13

HK\$1,170,500.00

Fundraising Income

HK\$32,725.00

HK\$176,234.83

HK\$29,308.70

HK\$28,000.00

Event Income

HK\$0.00

HK\$61,911.43

HK\$57,640.28

HK\$41,000.00

Other Income

HK\$0.00

HK\$1,188.47

HK\$7,425.52

HK\$8,000.00

**TOTALS**

**HK\$148,301.00**

**HK\$457,781.18**

**HK\$1,056,045.43**

**HK\$1,355,500.00**

<https://docs.google.com/spreadsheets/d/1HlhHdUb19IIY4oyDVDY4A1mO80xXvLmWgwdFFkiJMv0/edit?usp=sharing>

# Expense Summary

April 1, 2017-  
March 31, 2018

April 1, 2018-  
March 31, 2019

April 1, 2019  
March 31, 2020  
(Estimation to date)

April 1, 2020-  
March 31, 2021  
(Projection)

Project Expenses

HK\$107,654.00

HK\$164,308.13

HK\$304,110.67

HK\$595,000.00

Fundraising Expenses

HK\$23,992.00

HK\$47,709.40

HK\$7,017.60

HK\$27,550.00

Administration & Other Expenses

HK\$8,380.00

HK\$26,991.00

HK\$19,183.00

HK\$25,000.00

**TOTALS**

**HK\$140,026.00**

**HK\$239,008.53**

**HK\$330,311.27**

**HK\$647,550.00**

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# PLANS FOR 2020

- YAMA 4th Anniversary - Pending Charity Status
- 5 Year Strategic Plan for YAMA - April 2020
- Summer Kirtan Festival Fundraiser - June 2020
- Accessible Wellbeing Conference - June 2020
- Art In Your Life | Yoga In Your Heart Research Report
- Here To Be Project Expansion - September 2020
- Christmas Giving Shoe Voucher Drive - November 2020



# APPLYING FOR GRANTS 2020

- **Iululemon Core Programming Grant: US\$75,000.00**
- **Operation Santa Claus: HK\$275,000**
- **Quality Education Fund: HK\$310,000**

