

YAMA FOUNDATION IMPACT

2018



Our Work

Making Yoga, Arts &
Meditation Accessible



Our Impact to Date

Highlighting Results



How We Used our Funds

Funding & Spending



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ABOUT US & SERVICE

YAMA Foundation is a unique non-profit organisation in Hong Kong whose mission is to make **Y**oga, **A**rts and **M**editation **A**ccessible to Hong Kong's underserved, disadvantaged or vulnerable.

Founded in 2016, we are a registered non-profit in Hong Kong, currently in the application process for for Section 88 with the IRD to become a registered charity in Hong Kong.

Watch our video... 

01

Yoga

- Yoga is a relevant form of therapeutic intervention, treatment for trauma and addictions, and rehabilitation for chronic illness and disabilities.

02

Arts

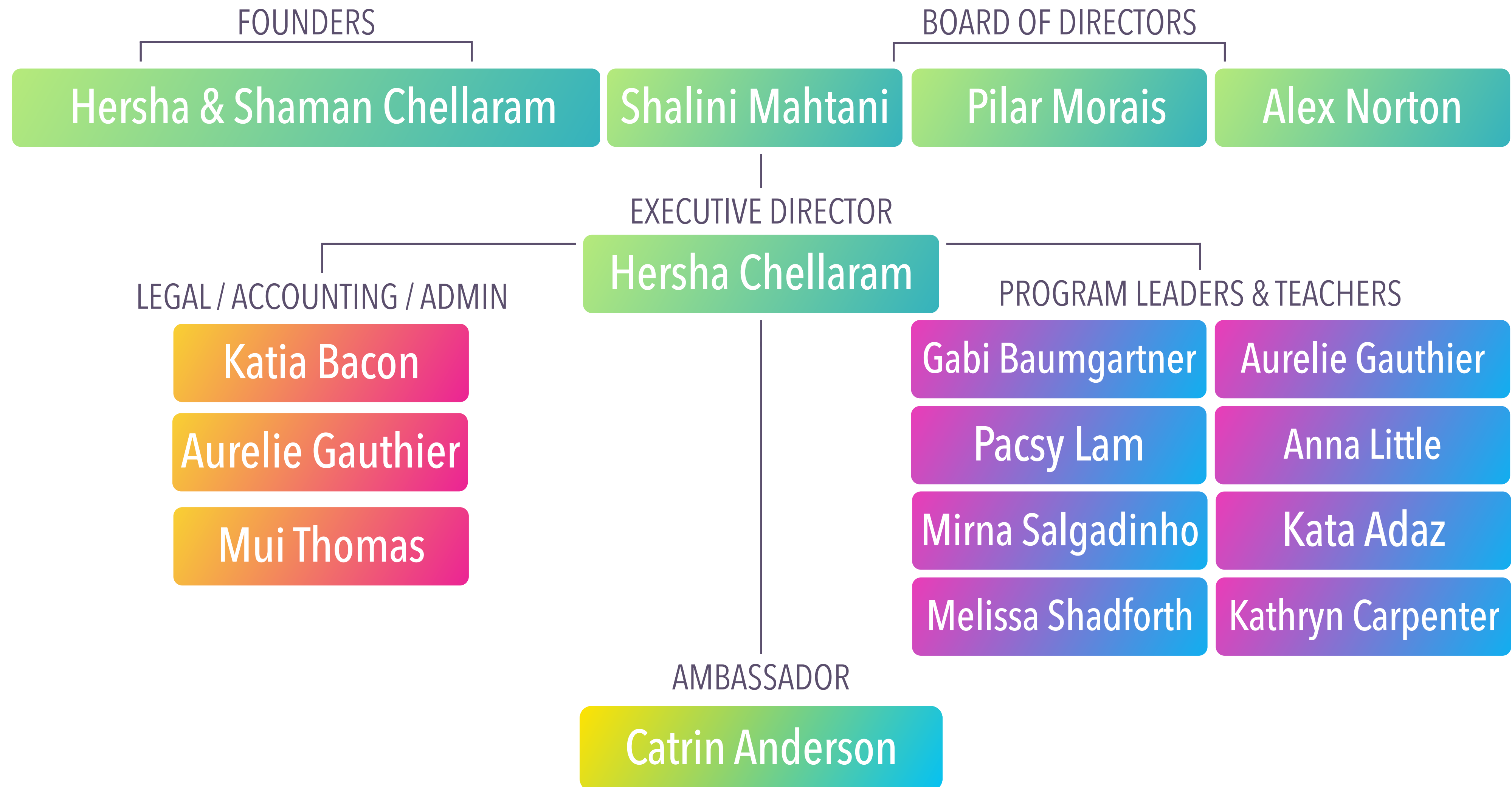
- The Arts provide a variety of mediums for safe self-expression and transcending stressful, challenging and hopeless experiences.

03

Meditation

- Meditation has been proven to improve mental health, reduce anxiety, and develop self-regulation and emotional resilience.

YAMA'S ORGANISATIONAL STRUCTURE



SOCIAL ISSUES

Children born with special needs in Hong Kong wait up to two years for government early intervention therapy. A child's crucial development years are from 0-3 to help prevent future problems. The only other choice is to pay extortionate prices for private care.

People with special needs, disabilities or vulnerability, include children, the elderly, teens and at-risk youth, those living in poverty or in prison, and those with a history of trauma.

These communities are at higher risk of mental health issues such as depression and anxiety. Many experience social exclusion, lack of education and employment opportunities, as well as limited options to improve physical, emotional and social wellbeing.

Few have any guidance on how to work through unresolved trauma, feelings of helplessness or hopelessness and worst of all, feeling isolated, unwanted and unloved.

Our programmes seek to address these issues through specialised yoga, arts and meditation programmes that develop an easeful body, a peaceful mind and a useful life.

BENEFICIARIES

01 Children with Special Needs, Rare Disease & Terminal Illness

02 Children Living in Poverty

03 Teens & At-risk Youth Facing Mental Health Challenges

04 Adults with Disabilities & Special Needs

05 Women in Prison

06 Collaboration with NGOs & Support Groups

07 Community Events

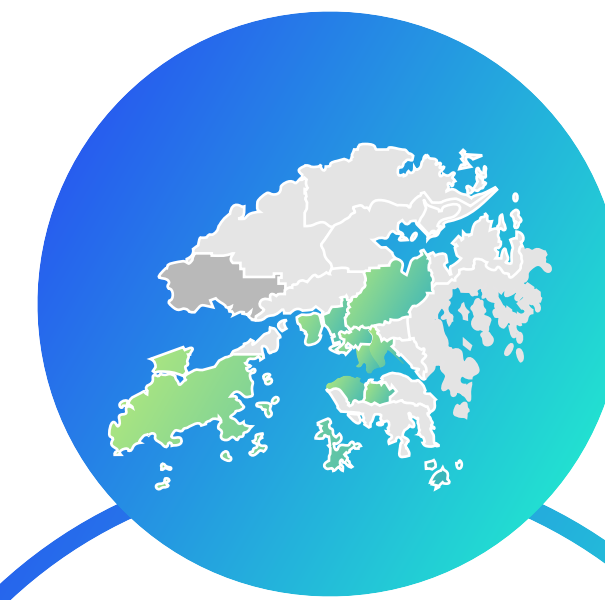
OUR 3 YEAR ACTIVITIES



455 Classes Taught



900+ Beneficiaries



20 NGO Partnerships



OUR REACH IN 2018

Our main goal is to bring yoga to communities that would not be able to attend a regular class at a regular studio.

Here's what we accomplished over the last year.



162 Classes

10 Programmes across
Hong Kong in 2018

8 Charity / NGO partnerships
or collaborations



Over 400 Beneficiaries

Beneficiaries range from
children, teens and adults
with special needs,
disability, vulnerability or
disadvantage.



9 Districts in Hong Kong

Central, Western District,
Wan Chai, Yau Tsim Mong,
Kowloon City, Sham Shui Po,
Kwai Tsing, Sha Tin, Lantau
Island

2018 PROGRAMME SUMMARY

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Beneficiaries
Ronald McDonald House Charities	2	2	2	2	2	2	2	2	2	2	2	2	approx. 30
Tai Lam Women's Prison	4	4	4	1	4	3	0	0	2	4	5	4	approx. 100
Community Class: SEN Children	2	3	3	3	3	2	0	0	4	4	4	2	approx. 24
Community Class: SEN Children	2	3	4	3	3	2	0	0	3	4	4	2	3
Child Development Centre Hong Kong	0	0	0	0	0	0	0	0	3	4	4	3	16
SoCO Karma Yoga Project	0	0	0	0	0	0	0	0	0	0	0	1	84
Lululemon Here to Be	0	0	0	0	0	0	0	0	0	0	1	0	16
SA Hong Kong	2	2	2	2	2	2	2	2	2	2	2	2	approx. 24
Accessible Yoga at Asia Society	0	0	0	0	0	1	0	0	0	0	1	0	16
CareER Charity Walkathon	1	0	0	0	0	0	0	0	0	0	0	0	approx. 100
Total Classes / Month	13	14	15	11	14	12	4	4	16	20	23	16	400+

OUTCOMES & IMPACT



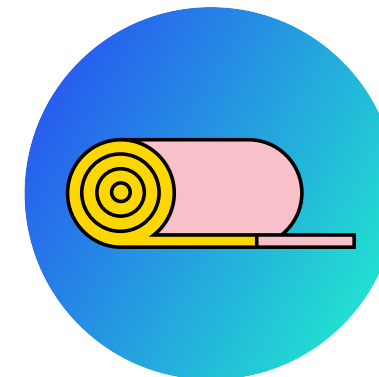
Shifting perceptions about wellbeing

Three SEN schools now have yoga and meditation classes as part of school schedule.



Empowering others to fulfil their potential

Two students with different abilities receiving qualifications to teach Accessible Yoga



Strengthening the role of yoga as a form of therapy

Increased demand for yoga training programmes that are accessible and inclusive



Expanding our reach

Including a wider variety of programmes and professionals to serve more districts in Hong Kong



STORIES OF THE PEOPLE WE SERVE



Official YAMA Ambassador: Catrin Anderson

Catrin has quadriplegic cerebral palsy and relies completely on the care of others. She started private yoga with Hersha in 2014 and soon came to YAMA's community classes. Catrin was instrumental in the development of YAMA's Accessible Yoga class. Catrin is now certified to teach Accessible Yoga and is preparing to teach her first class using Augmentative & Alternative Communication (AAC).



Mui Thomas

Mui has a rare genetic skin condition called Harlequin ichthyosis and has faced a challenging past which involved cyber-bullying. She has a background in special education, co-authors a blog, "The Girl Behind the Face" and is now working at YAMA in admin and training to become a fully qualified yoga instructor for the differently-abled.



Pacy Lam

Pacy had an older brother with intellectual disability who had to go and live in a residential care facility. Sadly, he passed away at a young age. Years later, Pacy met Hersha when translating a yoga class for children with cancer. Six years on, Pacy is now fully qualified and an experienced programme leader for YAMA's outreach for children and adults with special needs, and children with cancer.

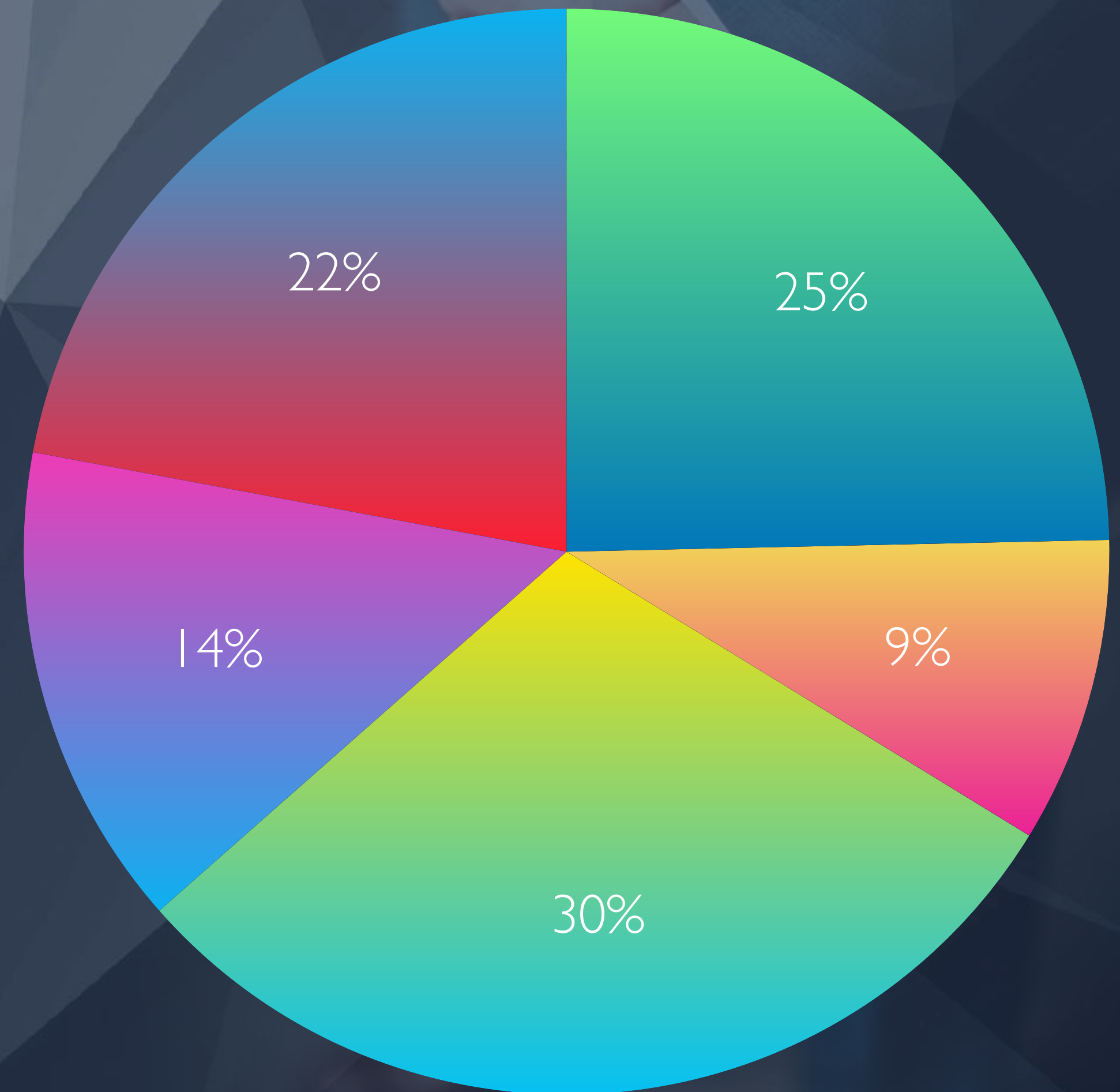
INCOME

SUMMARY

April 1, 2017 - March 31, 2018

- Donations from Individuals: HK\$36,562.00
- Donations from Businesses: HK\$13,500.00
- Contribution Community Classes: HK\$44,114.00
- Grants: HK\$21,400.00
- Fundraising Income: HK\$32,725.00

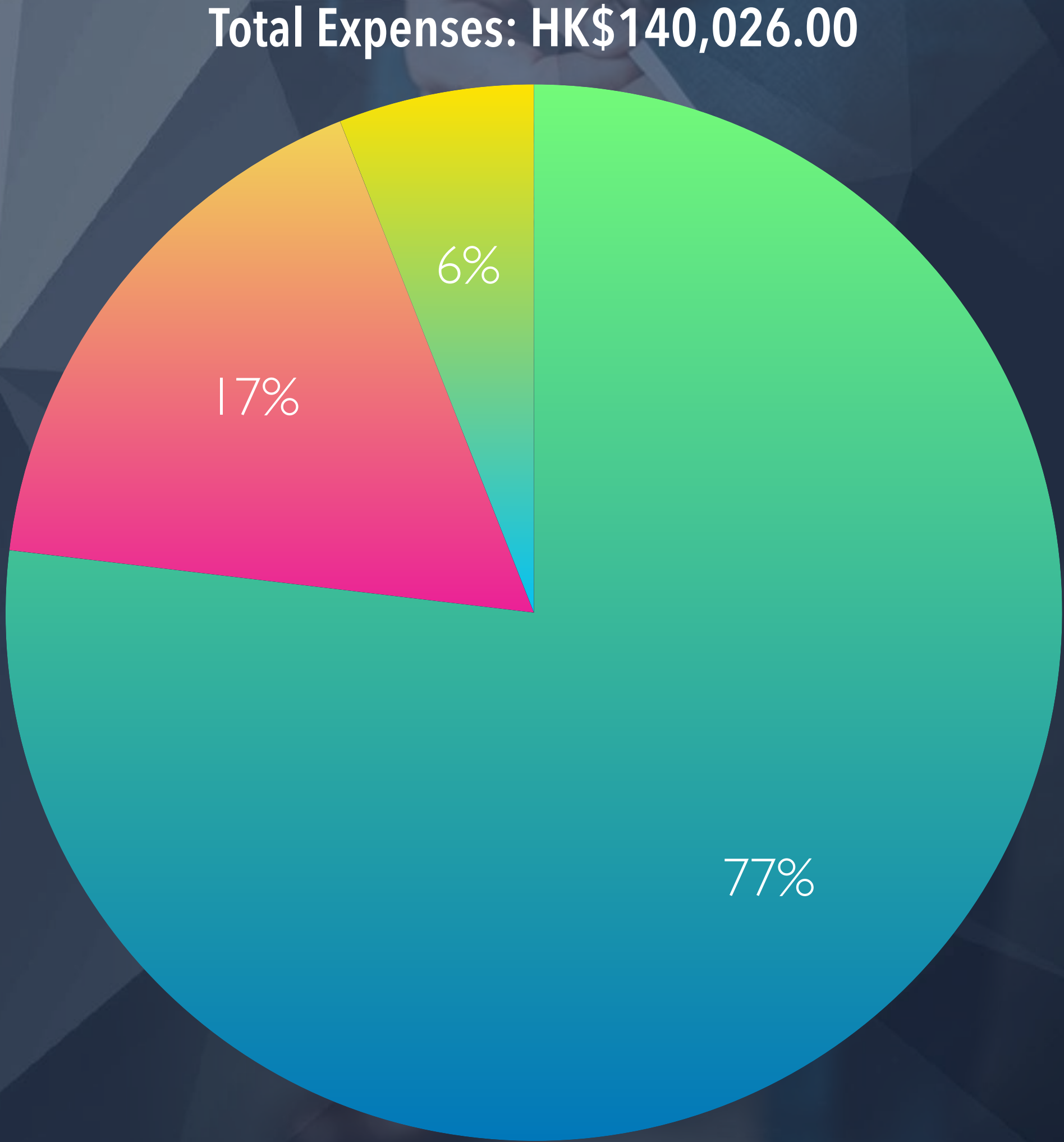
TOTAL INCOME: HK\$148,301



HOW WE SPENT OUR MONEY

April 1, 2017 - March 31, 2018

- Programme Expenses: HK\$107,654.00
- Fundraising Related Expenses: HK\$23,992.00
- Administration & Other: HK\$8,380.00



THANKS TO OUR SUPPORTING PARTNERS



**BLOSSOMING
CERTIFIED PUBLIC
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THANKS TO OUR MAJOR DONORS

Hari Om Dance Society

Gabi Baumgartner

Purviz Shroff

Kamilla Harilela

Aurelie Gauthier

Vishal Tolani

Katia Bacon

Lululemon

Clayton Horton

Marilyne Muller Dauw

CONTACT US



Hi! I'm Hersha, co-founder and Chief Everything Officer for YAMA. I'm a yoga therapist and have travelled to some of the poorest parts of Hong Kong to teach, as well as worked with children who never get to leave their homes.

We are super grateful for the opportunity to share our work and passion in helping Hong Kong become a more inclusive community.

Please feel free to contact me if you have any questions or request our financial statements or further information.



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