

Yoga Outreach

YOGA TRANSFORMS LIVES.
TOGETHER WE MAKE CHANGE POSSIBLE



Yoga Outreach expands access to trauma-informed yoga programs to heal and connect communities.

Yoga Outreach partners with volunteer yoga instructors, community organizations, social service agencies, and correctional facilities to provide mindfulness-based yoga programming to often overlooked adults and at-risk youth.

Yoga Outreach programs are strengths-based and trauma-informed serving men, women, and youth facing challenges with mental health, addiction, poverty, violence, trauma, and imprisonment.

In addition, we provide training, ongoing mentorship, and community building opportunities to yoga teachers and community support professionals to enhance the delivery of yoga in these settings.

TIMELINE

1996
Yoga
Outreach
founded by
Sandra
Sammartino

2002
Beth Sampson
took over and
moved the
organization to
Vancouver BC

2006/07
Yoga
Outreach
becomes a
Registered
Canadian
Charity and
BC Non-
profit

2010
Sarah Holmes de
Castro & Nicole Marcia
develop the Yoga
Outreach Core
Training™ with a
\$50,000 grant from
the Weston
Foundation

2011
Delanie Dyck
becomes the
Executive
Director

2014
Reaching Out
with Yoga
Project - 5 year
research
partnership
with the BC
Society of
Transition
Houses funded
by the Public
Health Agency
of Canada

2016
Yoga
Outreach
celebrates
20 years of
Service
Yoga
classes!

2017
Justice
Canada,
Youth
Justice
Fund - 2
year pilot
project
with
justice-
involved
youth



Yoga Outreach™
Yoga transforms lives. Together we make change possible.

Why is Yoga Outreach unique and wonderful?



- We strive to cultivate equality between student and teacher.
- We provide a student centred experience (ie. rather than instructing students on form we aim to empower them to feel their bodies and make choices).
- We are the only yoga based charity on Canada offering programs across a range of social service settings.
- We meet students where they are at, physically. YO classes take place in facilities where students already feel a measure of safety, they have access to support if necessary, and they are often among friends.
- We offer teachers safe, supported opportunities to be of service.

Yoga and Mindfulness-based practices are helpful because they have the potential to be:

- a safe space for trauma survivors to cultivate a safe and compassionate relationship with their body
- a place to practice being in the present moment
- an opportunity to learn and practice techniques that help self-regulation so students have resources to draw upon when triggers are activated
- an opportunity to be in a safe social space
- a way to reduce anxiety via the breath
- a place for safe release of traumatic body memory
- an opportunity to practice using the breath and body sensations to connect to the present moment
- a structure around the practice of self-awareness and self-regulation
- a chance to get out of the mind and into the body

TESTIMONIALS

"Yoga has helped me out in such a way it bought me more time in the here and now. And for that I am eternally grateful. All my specialists are amazed at my recovery. And I have all you to thank for that. Thank you, thank you, and again I say thank you." Clifford - Pacifica Treatment Centre

"I loved relaxation as it made me go to a safe place where I could just be me." Burnaby Youth Custody Participant

"Clients have developed strategies for coping with stress. Our clients' involvement in the Yoga Outreach program has given them a sense of purpose as well as a commitment to their body/mind well being." Westend Mental Health Team Member

"I notice changes in our client after every YO visit. Our women are visibly calmer, and appear lighter to look at... Thank you for providing this valuable service, many of our women would not be able to access yoga [without it]. Our clients whether they realize it or not, have many benefits from participating in yoga." Addictions Recovery facility staff

"Completely inspiring and engaging. I can't wait to start incorporating what I've learned, even in classes not necessarily trauma oriented." Yoga Outreach Core Training™ participant

"Keep spreading the importance of this work. You have allowed for me to fall back in love with yoga and recognize why I wanted to teach in the first place." Yoga Outreach Core Training™ participant

special projects

Reaching Out with Yoga

Trauma-informed Yoga for Women and Children in Shelters, led by the British Columbia Society of Transition Houses in partnership with Yoga Outreach, will deliver and test trauma-informed yoga programs in 24 women's shelters and transition houses across BC. The program will promote physical and mental health to women and children who have experienced family violence. Trauma-informed practice is based on an understanding of the impact of violence on people's lives, and focuses on respect and empowerment. This project is funded by the Public Health Agency of Canada.

Trauma-informed yoga for justice involved youth

Yoga Outreach has received funding from the Department of Justice Canada to develop, run, and evaluate a two year pilot project that will provide trauma-informed yoga programming alongside drug treatment programs for justice involved youth. Our project will evaluate the efficacy of trauma-informed yoga (TIY) programming in enhancing health outcomes such as self-regulation and impulse control for justice involved youth within drug treatment programs.



our services

Trainings

Yoga Outreach Core Training™ - 18 hour training in trauma-informed, strengths-based teaching and best practices in Service Yoga settings.

Using Yoga in Your Work™ - 1/2 day skills development training for frontline service providers in using yoga-based tools in their work and for their own self-care.

Yoga Tools for Youth™ - Youth focused workshop providing tools for integrating yoga and mindfulness skills into their daily life.

Classes

We coordinate weekly trauma-informed yoga classes in a wide variety of settings throughout BC.

- Mental health
- Addictions
- Prison
- At-risk Youth
- Seniors
- Women & Children who have experienced violence

