

# yoga.gives back

## Using MicroCredit to help fight poverty in India



For the cost of two yoga classes, you can change a life.

June 2009

### YGB thanks Christine Burke for a very special class!!

Sunday, May 31<sup>st</sup>---We can't name everyone here, but all of the volunteers, chefs, yogis, and especially the teacher, Ms. Christine Burke at Liberation Yoga, played an essential part in making this event such a success. We had about 30 people spending the afternoon together, and each one of you contributed to a special event - giving, helpful and happy. Thanks to your continuous support, YGB is slowly transforming from just an idea two years ago into a very real opportunity for the yoga community to Give Back to India through micro-credit - especially to help women in poverty.



Christine Burke and

From Christine Burke---"I had a profound experience teaching my workshop" Defining The Art Of Love Through The Art Of Yoga" for Yoga Gives Back. Coming together with so many open hearts and being able to touch the heart of India by sending love, gratitude and acknowledgement, was truly a gift for me and an honor."

Many thanks for the most generous donations: Bryan Belleza, Dr Bobbi Jones and Vegin'Out ([www.VeginOut.com](http://www.VeginOut.com))

her daughter  
Clementine! Photo by  
Ava Porter

**YGB Exclusive Interview with Dr Muhammad Yunus on "Power of Micro Credit"**  
2006 Nobel Peace Laureate, May 25th, UC Channel Islands Luncheon



"Poverty is not inside the person, poverty is forced from outside. Poor people are as capable as human being as anybody else. They have the same power, energy and potential but they are denied such facilities. Money is one of the most important items missing in their life. You need a dollar to catch a dollar. But that first dollar, nobody gives it to her. What we have done, we brought that first dollar in her hands, as a banking proposition. We started in 1976, and today within Grameen Bank in Bangladesh, 8 million people borrow micro loans. 97% women, repayment rate almost 100% without collateral or anything! This is the strength of Micro Credit which is now spread all over the world. At least, 150 million borrowers in the world today. But it is still very small comparing to the needs. We need more micro credit organizations in the world so that more people can be reached."

"You can do wonderful things by supporting this movement, so that policies changes do take place. Why can't our governments support this movement internationally? You do not have to be a big business wizard to think of this kind of small simple ideas. All we have to do is to put a basket of ideas and use it."

**\*This entire interview video will be posted on our website!**

You can see short excerpt at [www.yogaglo.com](http://www.yogaglo.com)

## Upcoming Event:

**Friday, June 26<sup>th</sup>, 5-10 pm; yogaglo & LA Yoga Magazine party**

Come to network with the Yoga Community!! Enjoy complimentary food, cocktails, raffle prizes, local vendors and non profit like YGB!!! We will have a booth there. [www.yogaglo.com](http://www.yogaglo.com)

**yogaglo:** 1800 Berkeley St, Santa Monica, CA 90404 (off Olympic Blvd)

**Saturday, July 18<sup>th</sup>, 4:30-6:30 pm, "6 teachers for 1 great cause"**

**yogaglo, Santa Monica**--- a very special class by John Sahakian, Ashley Turner, Kishan Shah, Jo Tastula, Tara Judelle, Isabelle Du Soleil...and join for refreshments and raffles afterwards! This is YGB's first debut on the west side of Los Angeles, thanks to our host Derik Mills, founder of yogaglo. [VIEW FLYER](#)



## Update from Grameen Koota, Bangalore, India

By GK's Suresh Krishna and Hari Darshini and YGB's Anand Varadaraj



Financial Literacy Campaign



GK Founder Mrs. Reddy greets a member

Grameen Koota, who now provides micro credit to over 200,000 women in Bangalore area, has celebrated their 10th anniversary in May. On this occasion, they launched **Financial Literacy Campaign** for their member borrowers, highlighting the importance of planning household cash flow and making wise investments. Over 300 women borrowers attended this special event. Grameen Koota produced a video for this campaign and will be visiting local areas to educate women on these issues.

Yoga Gives Back is now on [Facebook!](#)

Check out our new website: [www.yogagivesback.org](http://www.yogagivesback.org)

Volunteer and ideas: [yogagivesback@earthlink.net](mailto:yogagivesback@earthlink.net)

yoga gives back: pending 501(c)(3)

*Compassion expands your practice. Express your compassion beyond the mat,  
beyond the studio, across the globe.*