

# yoga.gives.back

Using micro-credit to fight poverty in India

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

**New Year 2010**



## **Update from Grameen Koota, Bangalore, India: Manjula's Story**

Manjula and her husband Venkatesh used to struggle to make ends meet for their two sons and grandmother. Manjula attended a week-long Grameen Koota group training to learn about micro loans. "My life took a completely different path since that day on", says Manjula. Her first loan was 7000 rupees (\$140) and she bought audio equipment and rented out to her village community, suburb of Bangalore. As her household income grew, she repaid first loan fully and took second loan of 13,000 rupees (\$260), which she invested in a cable service for her village. A large transmitter was installed in her backyard and her neighbors quickly subscribed to her service. After 4 years of steadily building her micro-ventures, she invested another loan of 25,000 rupees (\$ 500) in a cow to sell milk. Today, Manjula manages 3 successful ventures with her husband as a business partner, who used to be a *coolie* ( a daily wage labor). "My husband was so encouraged to see my progress that he decided to join me in building these businesses." Their sons are currently in school and plan to pursue higher education.

Ayesha D'Souza of [Grameen Koota](#) will be sending us regularly about these women's inspiring stories, whose lives are making significant progress with micro loans. In addition to offering micro loans, GK is launching water and sanitation programs as well as providing health and hygiene workshops for their member families. We will keep you posted on these important programs which are key to develop sustainability in their progress for better living standards. GK now reaches over 300 women in Karnataka and Maharashtra states.

---

## **Yoga Gives Back Fundraiser at Women of the Green Generation**

**Wednesday, Nov 18<sup>th</sup>, 2009, Verneare Living Showroom**



Kris Willey, Founder of Women of the Green Generation, kindly invited YGB for the holiday event, “Happy Raw-lidays: Celebration of Living Foods”. While tasting delicious organic vegetarian cuisine, decadent guilt free desserts, we met many people who expressed their support for YGB’s mission. We are very grateful for all the donations and thanks Kris for your generosity and continuous support!

## **Six Different Schools of Yoga Uniting for One Cause** **Yogaglo, Santa Monica, Sunday, November 22<sup>nd</sup>**

Kasey Luber (Kundalini), Gary Margolin (Ashtanga), Chris Stein (Iyengar), Tara Judelle (Anusara), Felicia Tomasko (Hatha), and John Sahakian (Breath Restorative) led this very original flow class accompanied by soulful live music by Kalani and Friends. The sequence was carefully planned in advance to create a seamless experience for attendants. Uniting 6 different asana branches into 1 class for YGB was a very inspiring and original idea by Derik Mills (Yogaglo) and John Sahakian. Thank you so much for everyone to make this never-done before class into a great success. Thanks again for yogaglo to host such an inspiring event.



Felicia Tomasko, editor of [LA Yoga Magazine](#) who taught this class expressed, “There is something powerful about the camaraderie of coming together for a cause like this one. I loved teaching alongside my respected colleagues, meeting new people and even getting the opportunity to be on my mat for parts of the practice. As a teacher, I was delighted to donate my time to contribute to a donation-based class where the money raised supports microfinance efforts in India, so we could all give back to the land and people who have given the rest of the world these traditions. As a teacher or student, I highly recommend the experience and the goals of the nonprofit Yoga Gives Back.”



[Wholefoods Santa Monica](#)  
Thank you for your support for this event  
[Kalani and Friends](#)

Thank you for our heroic volunteers,  
Alan Echeveria and Ivonne L. De Cervantes!

**A Very Special Holiday Charity Class**

## Center For Yoga/Yoga Works, Larchmont, Saturday, Dec 12<sup>th</sup>



What a way to end the year!!! An amazingly powerful team of Yoga Works teachers, Clay Kyle, David Lynch, James Morrison, Joan Hyman, Kia Miller, Malachi Melville and Jeanne Heileman, came together to teach a very spirited class. It was a packed event with 50 attendants who also enjoyed live soulful music by [Kalani](#), and Nicole, [Rich Ferguson](#), Butch, and DJ Timothy. Thank you also

for a truly special and soothing Christmas Carol for savasana by Andrew Abaria, Jessica Kaplan, Paige Reilly, and San Kuenzi. We are so grateful for all of you who showed up to this event, sharing such passionate support for YGB.

This event concluded YGB's very successful campaign year of 2009 and we are especially thankful for [Clay Kyle](#) who coordinated this event among other events throughout 2009.

Special thanks for amazing raffle items donated by : [Michele Ogilvie](#), Mia Togo, [Kalani](#), Collen Garrity, [Manduka™](#), [OmniTom](#), [Kinara Spa](#), [YogiToes](#), [Larchmont Bungalow Restaurant](#), [Le Pain Quotidien](#), [Curase-raw chocolate remedies](#), [Larchmont Beauty Center](#), [Wholefoods on 3<sup>rd</sup>](#), and [Yoga Works](#). Thank you so much also for Kaia and Pamel from [Sambazon](#), who offered their chilled delicious Acai drinks. After 2 hours of serious sweat, everyone was really happy!!





---

## Upcoming Events



### “Yoga Class From The Heart”

**Saturday, January 30<sup>th</sup>, 7:30-9:30pm: Yogis Anonymous**

[Yogis Anonymous](http://yogagivesback@earthlink.net), a yoga studio in Santa Monica, is launching a series of YGB Tag Team Benefit Classes this year. The first session will be taught by their talented teachers, Ally Hamilton, John Sahakian, Charlie Samos, Chani Nichols, and Meredith Hines. Stay for after the class refreshments by Sambazon and Wholefoods Santa Monica. Suggested donation \$20. Due to the very enthusiastic response, please pre-register now at [yogagivesback@earthlink.net](mailto:yogagivesback@earthlink.net).

[See the event on Facebook.](#)

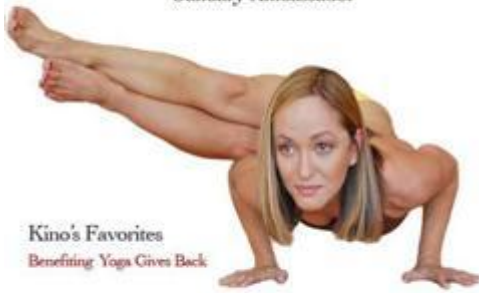
### “Empowering Women” Series Evening, Friday, March 15<sup>th</sup>, Exhale, Venice

Exhale Studio in Venice will host a seasonal series “Women's Empowerment Yoga Series” to benefit YGB. This special workshop will start in March by an inspiring team of women teachers, Cristi Christensen, Hala Khouri and Isabelle Du Soleil. A very unique class with each teacher bringing her own expertise into the sequence to empower women! More details coming soon.

---

## Exciting News!!

Kino MacGregor  
January Ambassador



Kino's Favorites  
Benefiting Yoga Gives Back

SEVA

\$1.08 from each item purchased  
will go to one of our global causes

## Kino selects Yoga Gives Back:

Kino MacGregor, a worldly popular Ashtanga teacher and the founder of [Miami Life Center Yoga Studio](#) selected Yoga Gives Back to support as an Ambassador for [The Y Catalogue](#). This SEVA program promotes global causes, and \$1.08 from the sales of items selected by Kino will go to YGB. Thanks Kino and The Y Catalog!!

**LA Yoga Magazine**  
[features Yoga Gives Back](#)

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

**facebook**

**[www.yoga gives back .org](http://www.yogagivesback.org)**

**Any comments or ideas? Want to host a fundraiser?**

**[yogagivesback@earthlink.net](mailto:yogagivesback@earthlink.net)**

**yoga gives back is a 501(c)(3)**

We don't want to send you emails if you're not interested. Just let us know: hit reply, put **remove** in the subject line and you won't hear from us again!