

Section 3: Program/Project Description SAMPLE RESPONSE

5. Describe the need your proposal will address. Include any relevant data, stories, and details.

Yoga4Life's Civic Yogis program serves African American and Latino/Hispanic teens ages 14-18, the majority of whom come from low-income families, who reside in Columbia Pike Corridor. Currently 95% of the participants we serve are eligible for free or reduced-price lunch. 75% of our participants will identify as female and 25% as male. We have served this target population for the past 5 years. Our program directly serves the unique needs of teens from our neighborhood by providing a safe space for young people during out-of-school time including summer, while helping them develop academically, providing health and wellness opportunities, and job-readiness training. Due to the lack of programming opportunities in the Columbia Pike Corridor for teens specifically this program is urgently needed to keep our teens safe. Through focus groups with the neighborhood teenagers and their parents, Yoga4Life staff were informed that the youth feel as though they have no place to go in their own neighborhood and given the turf and crew issues with neighboring communities, do not feel safe crossing neighborhood lines. Therefore, the teens flock to Yoga4Life for a place to feel welcomed and engaged in positive activities. This need is exacerbated during the summer when youth are without adult supervision and the structured space of school.

6. Describe your proposed services that will address the need identified in question 5.

Yoga4 Life adheres to a Positive Youth Development (PYD) model that defines youth as resources to be developed and emphasizes strengths-based, developmentally sound support that builds on community connections, positive peer culture, and family engagement. Yoga4Life's model was created specifically for our target population: low-income, primarily African American and Hispanic/Latino youth, ages 14-18. Goals, strengths, and challenges are assessed in the context of the youth's social, familial, economic, and physical environments so that, in partnership, youth and staff: 1) develop youth's skills and abilities, 2) link youth to systems of services, resources, and opportunities, and 3) reform systems so they can meet the needs of all youth more effectively.

The Civic Yogis summer program goal is to create a safe environment that promotes academic success, skill building, job readiness, community engagement and healthy behaviors. Yoga4Life's Civic Yogis Summer Camp is a six-week, 40 hour a week program that will operate Monday through Friday, 8 hours a day (9:00 a.m. to 5:00 p.m.), from June 24 to August 2 for a total of 240 hours during critical out of school time. Under the supervision of caring adults, 60 teenagers ages 14-18 will engaged in academic tutoring sessions, yoga and meditation classes and teacher training opportunities, life skills training, job readiness workshops and hands-on job opportunities.

At the end of the 40 hour per week six-week long camp, Yoga4Life anticipates that 85% of the 60 participants ages 14-18 will have made significant advances in their academic skills, job readiness and health and wellness. This goal will be linked to increased academic success; improved ability to transition to work; and improved skills for healthy living. These goals will be measured through several valid and reliable sources. For increased academic success the participants will take the standardized math assessment and reading and writing assessments at the start of the 6-week session and again at the end of the six-week session. Increased academic success will be measured by advancing one math level and one reading and writing level from pre- to post-testing. Improved ability to transition to work will include all participants leaving the six-week program with completed and active resumes and 3 hours per

week of hands-on job training in the form of assistant teaching community yoga and meditation classes/workshops for members of the Columbia Pike Corridor community. Community members will submit satisfaction surveys at the end of each class regarding the students' assistant teaching. Improved skills for healthy living will be measured by pre-and post-surveys regarding beliefs around health and wellness and engagement in healthy behavior as well Strengthen Your Body, the official assessment tool of the National Exercise and Physiology Board, that measure flexibility and physical strength. We anticipate seeing between a 3-5% increase in flexibility and strength between pre- and post-program assessments.

Yoga4Life's Civic Yogis Summer Camp engages 60 teenagers five days a week, 9:00 a.m.-5:00 p.m., for six weeks June 24th- August 2nd. Each day they engage in healthy breakfast and lunch and receive academic support through English and math tutoring; yoga and meditation classes; yoga teacher training sessions; life skill group sessions; and three job training shifts (assistant teaching community yoga classes). On Fridays the participants will take educational field trips for a portion of the day. Throughout the summer program, the life skills curriculum includes financial literacy, responsible sexual health, building community, college and career options and goal-setting; often these sessions are hosted by guest speakers from inside or outside the organization. An important aspect for retaining participants is that they are provided with an honorarium (\$25/week) for full participation in program elements. (Please note this honorarium will not be paid with funds from this grant but rather unrestricted corporate funds.) We believe it is important to provide young people with income with which to learn personal financial management, as well as an alternative way of making money rather than possibly becoming involved in illegal activities. In the sixth week of the program, the students break-out into ten groups of six participants and teach the staff and their fellow campers a full length 75-minute yoga class with a meditation practice. The groups decide the theme of their class and the poses that will be taught. Each member of the group teaches a portion of the 75-minute class (~12.5 minutes per group member).

Summer Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	Breakfast (9-9:30) Check-in/Group Time (9:30-10)	Breakfast (9-9:30) Check-in/Group Time (9:30-10)	Breakfast (9-9:30) Check-in/Group Time (9:30-10)	Breakfast (9-9:30) Check-in/Group Time (9:30-10)	Breakfast (9-9:30) Check-in/Group Time (9:30-10)
10:00-11:30	Meditation practice (10-10:30) All Levels Yoga Class	Meditation practice (10-10:30)	Meditation practice (10-10:30) Yoga I/II Class	Meditation practice (10-10:30) Yoga II Class	Field Trip to Local Yoga Studio (Week 1,5) Bank (Week 2,4)

	(10:30-11:30)	Yoga I Class (10:30-11:30)	(10:30-11:30)	(10:30-11:30)	Local Business (Week 3,6)
11:30-12:30	Yoga Teacher Training	Yoga Teacher Training	Yoga Teacher Training	Yoga Teacher Training	Yoga Teacher Training
12:30-1:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:30-3:00	Academic Tutoring – English	Academic Tutoring – Math	Academic Tutoring – English	Academic Tutoring – Math	Academic Tutoring – youth choice or combination
3:00-4:00	Life Skills Session- Financial Literacy	Life Skills Session- Responsible Sexual Health	Life Skills Session- Building Community	Life Skills Session- College and Career Options	Life Skills Session- Goal-Setting
4:00-5:00	Job Readiness – Resumes	Job Readiness- Interviewing	Job Readiness- Assistant Teaching Community Yoga Class	Job Readiness- Assistant Teaching Community Yoga Class	Job Readiness- Assistant Teaching Community Yoga Class

- Please note in Week 6 from 1:30 p.m.-5:00 p.m. two groups of six students will teach a 75 minute yoga class to their fellow campers and staff. There will be 30 minutes between each class for participants and staff to give the group feedback on their class.

7. Describe how your organization is set up to provide the services proposed.

Yoga4Life programming reflects the interests of the youth it serves, and all program activities involve youth from development to implementation to evaluation. Youth decide the topics covered in the Life Skills curriculum each session, plan and execute most field trips and the final yoga classes they teach are a direct reflection of the issues important to youth and how to cope through yoga and meditation. All Yoga4Life activities operate according to a code of conduct, which includes group ground rules and consequences for those who break rules. Youth learn to govern themselves, as those who are established participants in Yoga4 Life share with new youth how things work and what is acceptable and unacceptable behavior. Through these interactions, youth show leadership, ownership of their space, maturity, and collaboration.

Yoga4Life’s PYD model ensures youth take the lead in their program participation, which fosters engagement and self-agency. Youth input begins with intake: goals and objectives prioritized by the youth upon intake and going forward are part of his/her individualized goal plan. Youth voice is imperative throughout programming: youth provide input about activities (e.g., choosing topics for life

skills workshops), and youth assess the programs in regular satisfaction surveys. By giving youth a voice, choices, and chances to take the lead in their participation at Yoga4Life, staff ensure youth engagement.

Yoga4Life's staffing structure is led by founder and Executive Director Jane Doe. Jane Doe founded the organization over 30 years ago, which is also how long she has been an avid positive youth development advocate after receiving her Master's in Public Health from Harvard University. Jane has been practicing yoga for over 40 years and received her 500 hours registered yoga teacher (RYT) credentialing in 1998. The non-profit has run successfully and expanded under her leadership. The organization began in 1980 with a \$20,000 annual operating budget and only Jane Doe on staff and now there are 6 full-time staff members, 3 part-time staff members and an annual operating budget of \$1,340,541.

The staff includes: Education Director Shannon Quinn (full-time), Summer Camp Director/ Civic Yogis teacher Sylvia Soumah (full-time), Master Yoga and Meditation Teacher Bailey Dailey (full-time), Afterschool Manager Hannah Weissler (part-time), Staff Manager Ashlee McKinnon (part-time), and Youth Leader Delante White (part-time). We also maintain an extensive roster of trained yoga and meditation teachers. Shannon Quinn has a 12-year history at the organization, a Master's in Education, Curriculum and Instruction, and prior to working at Yoga4Life she taught high school English at Banneker High School and designed curriculums for various high school programs. Sylvia Soumah is an alumna of Yoga4Life and helped design the Civic Yogis' summer camp programs. Additionally, she also has a Master's in Education. Development Director Mary Nobody is in her 8th year with Yoga4Life. Financial Director Emily Jones has been at the organization for over 25 years.

8.How and with whom will your organization collaborate to strengthen and effectively achieve the proposed outcomes?

Yoga4Life currently partners with several local Department of Recreation facilities throughout the Columbia Pike Corridor to host the camp activities including the classes taught to the community by the students. This helps strengthen the students' ties to their community and provides that with places to connect with their peers. We also partner with the APS school district to help identify students that may benefit from this program and to host demonstrations of our student yoga teachers. We also partner with several local non-profit partners such as the United Way of the National Capital Areas Financial Empowerment Center to provide financial wellness classes, mock interviews, and job readiness classes for our students. We partner with City Year to provide tutoring support in math and English/language arts. We partner with Neighborhood Health to provide life skills sessions on responsible sexual health classes and NOVA to provide the college and career life skills classes for our youth. Lastly, we work with several local yoga studios such as Sun and Moon Yoga, Blue Nectar Yoga, and Mind Your Body Oasis to support our yoga teacher training and building community components for our students.

9.Would these be new or existing partnerships? If a new partnership would be beneficial, how would you go about forming this partnership? Include any relevant timelines, strategies, and sustainability plans you might use to establish and maintain these partnerships.

The above listed partnerships are existing partnerships and all have formal memorandum of agreements in place to support Yoga4Life. These partnerships are evaluated throughout the year by the both parties as well as the Yoga4 Life students. The agreements are re-negotiated at the end of each fiscal year by or before June 30th to prepare for the agreement and partnership next year.

Yoga4Life is also looking to bring on new partnerships with other local business such as local banks, retail stores and corporations to offer to students the opportunity to have paid internships in other fields of interest. This would allow students additional hands-on opportunities for career exposure. The Yoga4Life staff has been holding meetings with several local bank branches, retail store owners and corporations like Deloitte to propose a paid summer internship opportunity for Yoga4Life students. The Yoga4Life staff is working to form agreements with these potential partners that would include providing their staff with free advancing youth development (AYD) training to support these students in their internships.