

# About Yoga Outreach

Yoga Outreach was founded in 1996 by a group of yoga teachers who provided yoga programming for women and men within the BC Correctional System.

Today, 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 in the Lower Mainland.

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



# Training Opportunities

All courses provided by Yoga Outreach are eligible for continuing education credits with various organizations, including Yoga Alliance.

## Yoga Outreach Core Training™

Yoga Outreach's Core Training™ teaches yoga instructors how to work with students confronting a wide range of challenges within diverse settings. Participants learn how to provide safe, inclusive, accessible, and confidence building yoga classes. Completing Yoga Outreach's Core Training™ also enables you to become a volunteer with Yoga Outreach - and volunteers are always needed!

Training can be completed in 18 hours over three days on site, or you can learn at your own pace by completing the course online.

## Using Yoga In Your Work™

This program will provide you with the skills you need to incorporate breathing, mindfulness, grounding, and rhythmic movement into your work with both youth and adults, as well as in your own life.

Available in half day or full day format.

# Become a Volunteer!

We are always recruiting yoga and meditation teachers to volunteer for both one-time and regularly scheduled classes.

## Volunteer Requirements

*Completion of a recognized 200 hour yoga teacher training program (or qualify for grand-parented RYT status).*

*Valid liability insurance.*

*Completion of the Yoga Outreach Core Training™.*

*Completion of a practicum session at a YO mentorship site.*

*Completion of a volunteer application form and two references.*

*A one year commitment to teaching in a YO program.*

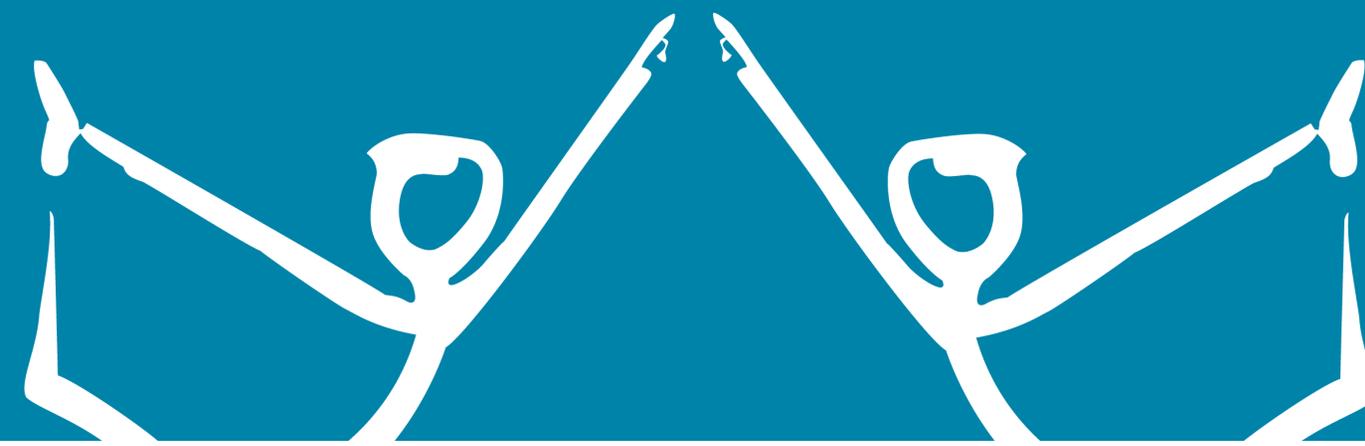
*A willingness to act as an advocate on behalf of YO in the community.*

For volunteer opportunities contact:

**[niki@yogaoutreach.com](mailto:niki@yogaoutreach.com)**

For training opportunities contact:

**[training@yogaoutreach.com](mailto:training@yogaoutreach.com)**



**Yoga Outreach™**

## Partner with us!

Interested in having a yoga program at your facility? Do you serve clients who are deemed marginalized, vulnerable, or at-risk?

Having a Yoga Outreach supported yoga program ensures relevancy, continuity, and safety for your clients. Our volunteers are trained and insured Yoga instructors who complete our 18 hour Yoga Outreach Core Training™ and a practicum session with our qualified staff prior to placement in any Service Yoga setting.

As a Yoga Outreach facility partner we ask you to contribute financially on a sliding scale of \$25 – \$75 per class and provide quarterly reports on the success of the yoga program. We may screen your facility for suitability to ensure the safety of our volunteers and do ask that you have adequate secure storage for program props.

## Contact Us

**T:** 604.385.3891

**W:** [yogaoutreach.com](http://yogaoutreach.com)

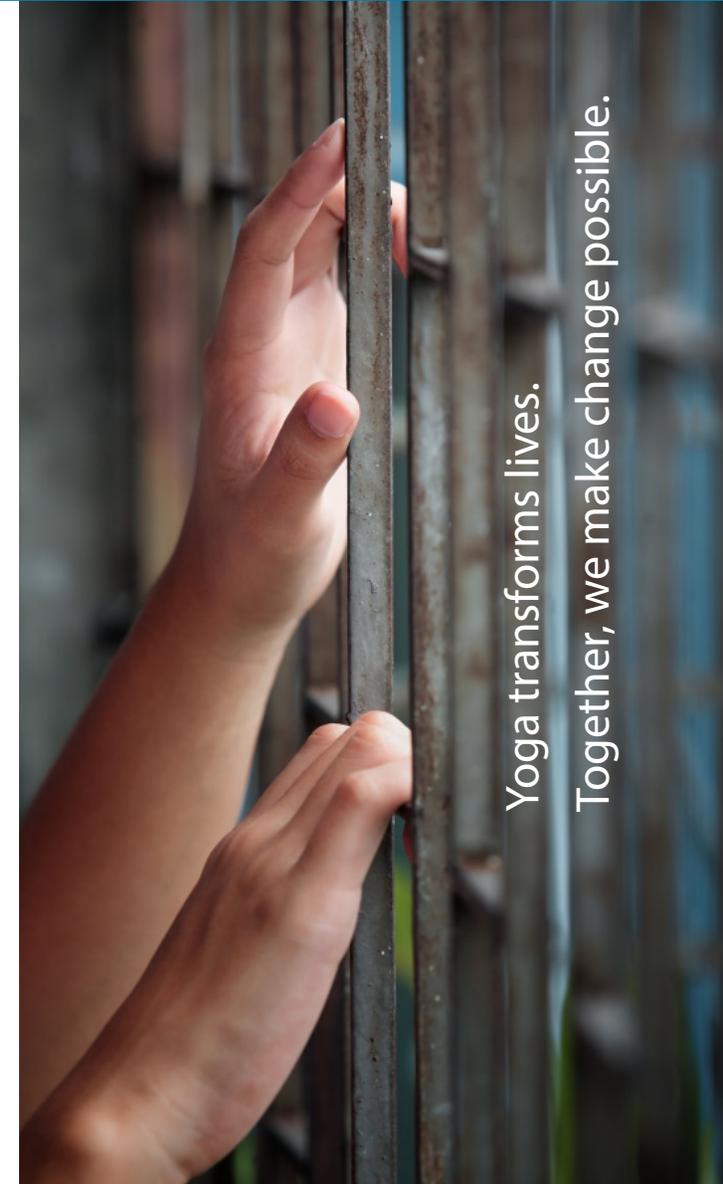
### By mail:

2145 168 Street  
Surrey, BC V3Z 0B5

 @yogaoutreach

 /YogaOutreach1

**Charity #** 803544543RR0001



Yoga transforms lives.  
Together, we make change possible.