



**ANNUAL
REPORT
2021 / 22**

YOGAHOOD

ABOUT YOGAHOOD AUSTRALIA

OUR VISION

To see more people experience the peace, hope and empowerment that comes from the practice of yoga.

Through its yoga outreach work, Yogahood Australia aims to contribute to building a thriving, healthy and peaceful Australia.

OUR MISSION

To provide free yoga classes to at-risk and underserved people in Melbourne, Victoria and in the future, right across Australia.



OUR VALUES

COURAGE



ADAPTABILITY



RESPECT



COMMITMENT



INTEGRITY



SUSTAINABLE SERVICE



COMMUNITY



OPENNESS



CHAIR'S REPORT



In 2021-2022, Yogahood Australia celebrated its seventh year delivering to our mission to share the principles and benefits of yoga with local communities and neighbourhoods in need. While the year began with continued challenges managing the aftermath of COVID lockdowns, momentum was gained in the latter half of the year and we were able to deliver seven programs with our community partners.

As the 'new-normal' started to form, volunteer engagement was a key focus to ensure there was a growing base of yoga teachers to facilitate and deliver outreach programs. Two new training pathways were developed which created a 'fast track' experience to onboard new volunteers and recognise prior experience in trauma sensitive training.

In addition to operational wins, Yogahood's core team continued to work behind the scenes establishing new partnerships and its annual fundraising event, Mats for Mates, in celebration of International Yoga Day.

The year also saw some exciting placements within the executive team. Angelina Jeyarajah was appointed interim CEO, while current CEO Mel Cross takes maternity leave. We also successfully appointed a new General manager, Laretta Karreman to manage the core team and the day-to-day operations of the organisation.

As we as a community emerge from covid shutdowns, the need for community-focussed services such as Yogahood has never been stronger. The momentum from the second half of the year provides a strong springboard for our next year, where we look forward to scale our services to the community and drive further impact towards our mission.

JOSEPH ANTONY

Yogahood Board of Directors

OUR PEOPLE

Yogahood Australia is run by the commitment, dedication and passion of our volunteer teachers, staff and board members. our volunteer yoga teachers each have a minimum 200-hour yoga teaching qualification, appropriate insurance, first aid certification, appropriate teaching experience, and a Working with Children Check. In addition our teachers either have completed trauma sensitive training or undergo our Yogahood Australia Outreach Training that equips them with the practical skills needed to adapt their teaching for the communities we serve. To date, Yogahood Australia has trained over 70 volunteer teachers who contribute to our mission to bring the values and benefits of yoga into the community.



OUR SERVICES



With one in five Australians experiencing a mental health challenge each year, the evidence clearly demonstrates the need for accessible, culturally sensitive and relevant mental health programs.

Yogahood Australia partners with community service organisations across Victoria, who work directly with people facing challenges with mental health, poverty, trauma, or homelessness. Yogahood provides these organisations with a free six-week yoga outreach program, facilitated by a qualified teacher that has been trained by Yogahood Australia.



OUR IMPACT

Our footprint since 2015...

> 500

participants in
Yogahood programs



70+

volunteer yoga
teachers



49

yoga outreach
programs

28

partner
organisations



SUPPORT US



Yogahood is an ACNC registered charity which relies on the kindness and generosity of many in our community; from yoga studios, to corporate partners, to in-kind offers of help and donations from members of the community. These donations allow Yogahood to continue its community outreach work; from supporting our volunteers with wellness sessions, paying for equipment and supplies, running teacher training courses, promoting its services to the wider community and administering its yoga outreach programs.

If you would like to support Yogahood's important work, please visit yogahood.org.au/donate

ABN: 75 607 670 208
yogahood.org.au/donate