



# ANNUAL REPORT

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FOR 2019/2020

**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 young people and adults in Melbourne, Victoria and in the future, right across Australia.



# OUR VALUES

**COURAGE**



**COMMITMENT**



**ADAPTABILITY**



**SUSTAINABLE SERVICE**



**RESPECT**



**OPENNESS**



**INTEGRITY**



**COMMUNITY**



# CHAIR'S REPORT

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In 2019-2020, Yogahood Australia celebrated its fifth year delivering against our mission to share the principles and benefits of yoga with local communities. This year has been like none other in our history. Like countless other organisations, Yogahood was directly and significantly impacted by the COVID-19 pandemic. While we fully support the implementation of strict social distancing rules, Yogahood was forced to suspend the delivery of our services for the first half of 2020.

In the face of these challenges, I'm extremely proud of our team to adapt our operations and continue to see through a number of important strategic initiatives that will set us up for the future.

We progressed a number of key strategic initiatives that will allow the organisation to continue to scale and make a real impact in the communities that we serve. Of special note, as an organisation that works closely with multicultural communities, Yogahood presented a formal statement of support and made specific and direct policy changes in support of the global Black Lives Matter movement.

It was also a big year for bolstering our internal team by bringing in a number of new volunteers, management and director team members who are excited to contribute towards the vision of Yogahood. I'd like to give a special shout out to those that have assisted in the recruitment process and give a big welcome to all of our new team members!

This was a challenging year, but I'm happy to report that due to the diligent and hard work of our team members, Yogahood is well prepared and excited for what the year ahead will bring!

**JOSEPH ANTONY**

Yogahood Board of Directors





# OUR PEOPLE

Yogahood Australia is run by the commitment, dedication and passion of our volunteers who are supported by a governing board.

Our volunteer yoga teachers commit to delivering a six-week yoga outreach program, consisting of one class per week. They each have a minimum 200-hour yoga teaching qualification, appropriate insurance, first aid certification, appropriate teaching experience, a Working with Children Check (if required) and a Yogahood Australia Outreach Training Certification.



# 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 men, women and youth 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.



**"THERE IS NO POWER FOR  
CHANGE GREATER THAN A  
COMMUNITY DISCOVERING WHAT IT  
CARES ABOUT"  
- MARGARET J WHEATLEY**





# 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](https://yogahood.org.au/donate).**



**ABN: 75 607 670 208**  
**[yogahood.org.au/donate](https://yogahood.org.au/donate)**