



ANNUAL REPORT 2020 / 21

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



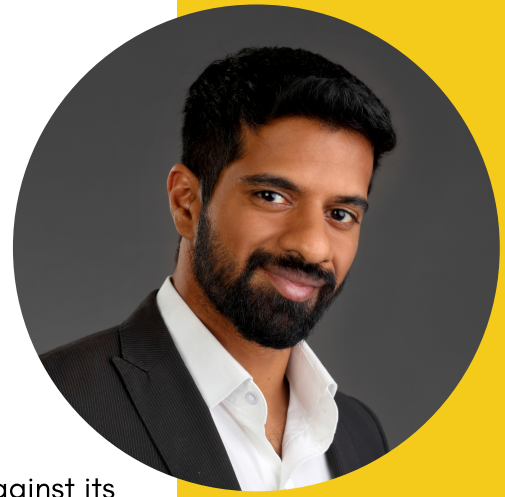
COMMUNITY



OPENNESS



CHAIR'S REPORT



In 2020-2021, Yogahood Australia celebrated its sixth year delivering against its mission to share the principles and benefits of yoga with local communities and neighbourhoods in need. It was another unprecedented and challenging year for the world, for Australia and for Yogahood. With rolling lockdowns becoming a regular feature, Yogahood was forced to restrict the delivery of its services once again.

By adapting to the changing circumstances, Yogahood successfully delivered four programs with its community partners. While regular operations were significantly impacted by the lockdowns, Yogahood's ability to work with the community and adapt its approach is a testament to the value the organisation continues to bring to the community at this time of need.

By clearly articulating policy guidelines for vaccination and safe delivery of services during COVID, establishing a new online delivery approach as an adjunct to face-to-face and branching out to a broader demographic through paid services, Yogahood established a strong position for the organisation to move forward in the 'new normal.'

In addition to operational wins, Yogahood's core team continued to work behind the scenes establishing new partnerships and raising over \$1,000 through the inaugural fundraising event, Mats for Mates, in celebration of International Yoga Day.

I'm deeply appreciative to Yogahood's incredible team that continues to work through these challenging times. While we don't know what the year ahead may have in store, we are now better equipped and have established the correct measures to be able to drive forward as the organisation continues to make an impact in the communities we serve.

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 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 50 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.



The desire to connect is a fundamental part of the human experience. Like Yoga, community is all about connection and unity"

- Beth Joslin, Volunteer



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