



JAI BHAKTI YOGA FOUNDATION

ANNUAL REPORT

2017-2022

ABOUT JAI BHAKTI YOGA



MISSION

Provides continuing yoga and Ayurveda holistic wellness education for future and current health leaders and professionals to empower under-represented communities to take control of their physical, mental, and economic health and well-being.

Our passion lies with the women and children devastated by domestic violence throughout New Orleans, LA, and all over the world. Contributions give us the ability to expand our network to provide accessible and equitable courses through our program initiative V.I.B.R.A.N.T (Victims Initiative Becoming Resilient and Navigating Trauma) creating Yoga and Ayurvedic Health Educational Curriculums for minority women in the heart of the city's most violent districts.

VISION & GOALS

- Provide grants for our Ayurveda Yoga Teacher Training program to BIPOC (Black, Indigenous, and People of Color) students in financial need
- Obtain and upgrade our technology platforms for enhanced education and data collection
- Expand our professional resources to conduct research studies supporting the integrity of Ayurveda and Yoga as a preventive care solution
- Translate our continuing education offerings to Spanish-speaking communities
- Partner with medical doctors to integrate yoga and Ayurveda for the prevention and management of Diabetes, Cardiovascular, and chronic illness
- Open a holistic Ayurveda Yoga Healing Center to support our V.I.B.R.A.N.T program for women and children impacted by gun and domestic violence



Photo by: @GTROPUS, Keith Francis

Healthcare costs are increasing daily. Many underserved and under-represented communities are unable to afford healthcare and rely on “self-medicating.”

This approach has led to an increase in addiction, depression, and suicide in minority, low-income, and impoverished populations. Jai Bhakti Yoga Foundation is able to offer prevention and treatment solutions resulting in a reduction of the burden placed on the public healthcare systems.

Integrating holistic preventative care and educational program services such as yoga, meditation, and Ayurvedic wellness in partnership with organizations serving these individuals instills discipline, a sense of accomplishment, and accountability resulting from healthy organized activities. Studies have shown a considerable reduction in addiction to illicit drugs and substance abuse, depression, and suicide.



photo by: vital social



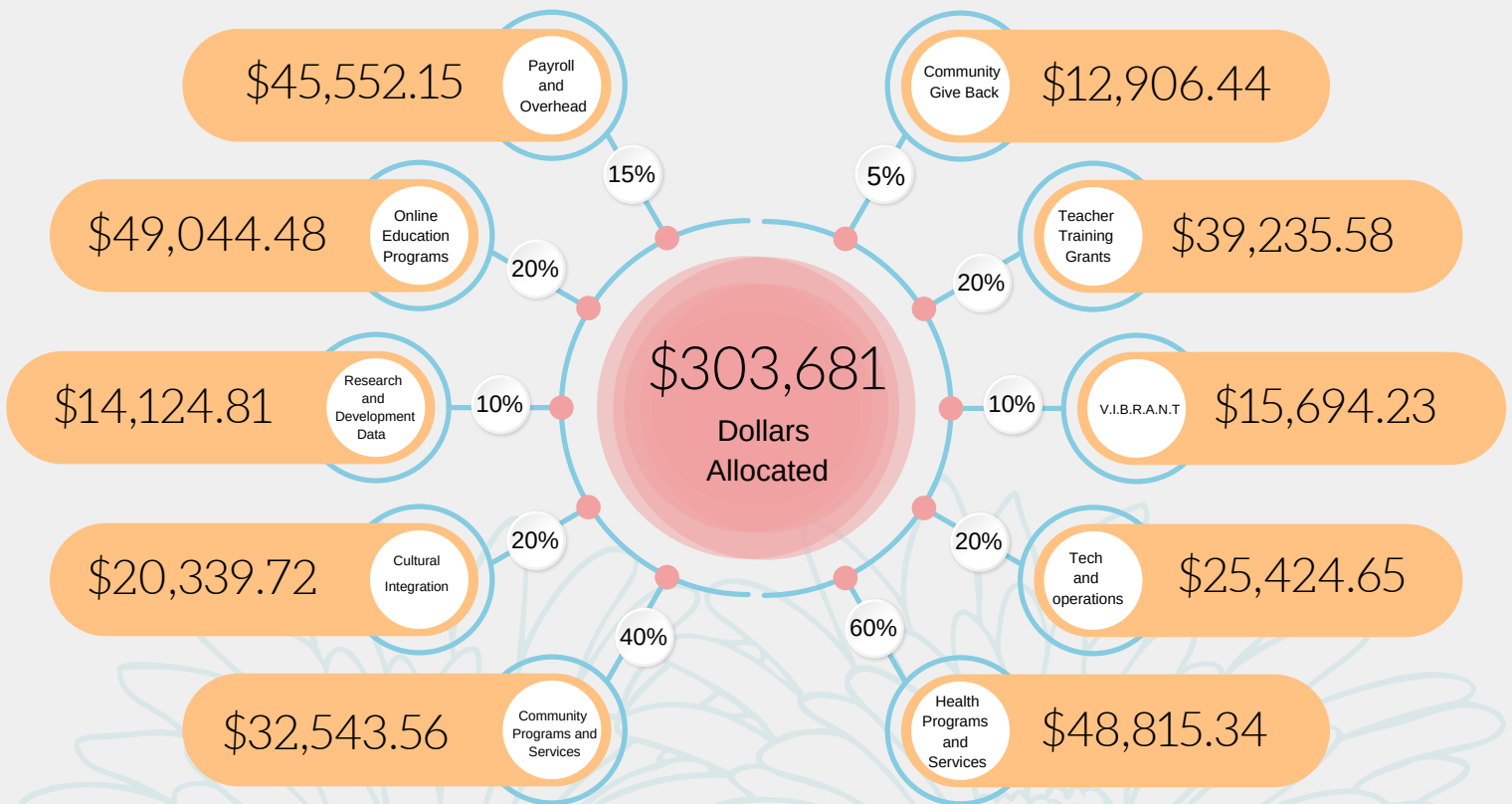
WHERE WE ARE NOW

Jai Bhakti Yoga Foundation began its humble journey back on Nov. 16, 2017, with 1 employee, 3 board members, and 1 volunteer. Over the last 5 years, we have grown to sustain 2 employees, 4 board members, 8 volunteers, and over 15 contractors from Yoga teachers, wellness experts, social media managers, web developers, holistic wellness leaders, and grant writing professionals.

We began with 4 yoga programs to nurture the city of New Orleans, LA, and survived the COVID-19 pandemic. Today, we have increased our offerings to over 10 wellness programs from Bilingual yoga classes, created an online and in-person 200-hour Ayurveda Yoga Teacher training, developed 2 successful community-driven and supported yoga wellness festivals, pioneered the Aqua Yoga program in New Orleans, LA, partnered with 501(c)3 Connected Warriors to integrate a free military yoga program in New Orleans, LA, established special needs and physically challenged yoga classes, senior center yoga classes, Ayurveda programs, and training, led over 15 successful international yoga retreats and counting, pioneered our newest initiative V.I.B.R.A.N.T for women and children devastated by gun and domestic violence, and expanded our teaching presence globally.

JBYPF has contributed over 450 yoga mats to local non-profit organizations such as New Orleans's Musician Clinic, Son of A Saint, Fighting Spirit, Yeah! Yoga, New Orleans Recreation Development, Indian Council for Cultural Relations, New Orleans Riverwalk, Big Easy Bucha, Bastion Community of Resilience, Connected Warriors, Yoga Service Council, National Ayurveda Medical Association, and the New Orleans Ballet Association to name a few.

THE NUMBERS



YOUR GIFTS AT WORK



Since **2017**, your gifts have been hitting the mat hard!

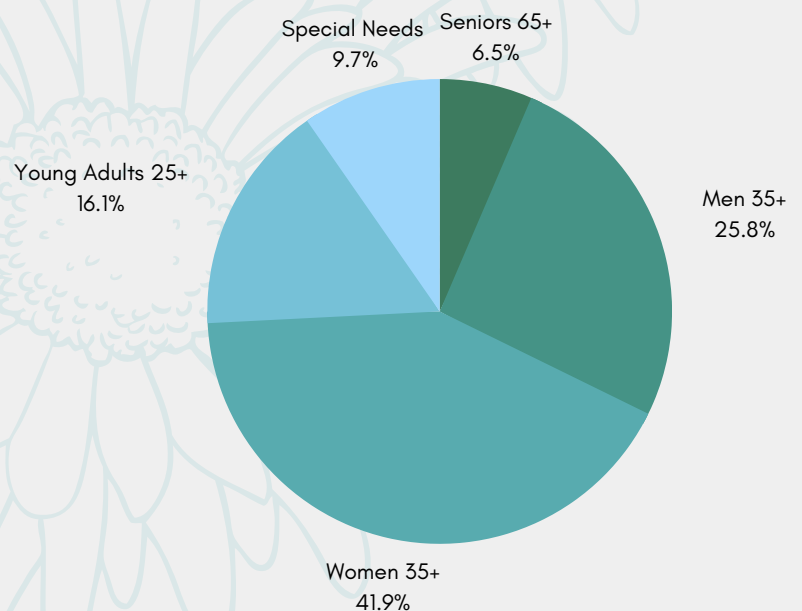
We have raised over **\$303,681.93** since **2017 and growing.**

The above figure shows how your funds have been allocated.

CLIENT RELATIONS

Harvard studies have shown positive increases in mental, emotional, and physical health while reducing healthcare costs for seniors, the elderly, young adults, and youths for “treatment” and prevention of addiction to illicit drugs and substance abuse, depression, and suicide. Healthcare costs are reduced by “\$2,360 annually” (Harvard, 2015).

The pie chart to the right highlights the respective populations we serve at Jai Bhakti Yoga Foundation.



WHERE WE'RE GOING



CLIMBING UP

JBYF is making moves in the western medical world by introducing eastern holistic wellness known as Ayurveda. This science, along with its sister science of yoga, is an integrative method that comes alongside current medical protocol to enhance the effectiveness of current treatment plans addressing depression, obesity, inflammation, cardiovascular, respiratory, and digestive disorders.

Currently, we are working towards grant funding for our newest research study V.I.B.R.A.N.T for a comprehensive wellness initiative across impoverished districts of New Orleans, LA specifically targeting the 9th Ward with the highest gun violence- where half the city's homicides and non-fatal shootings are reported (2021). JBYF has been supporting the BIPOC Community (Black Indigenous People of Color) since 2017, where many participants devastated by gun violence have found peace through lifestyle changes, yoga, and nutritional education.

The grant/contribution for V.I.B.R.A.N.T (*Victims Initiative Becoming Resilient and Navigating Trauma*) will create a yoga and Ayurvedic Health Educational Curriculum for minority women affected by domestic violence in the heart of the city's most violent district. Through our wellness and health programs, rooted in Ayurveda, supporting the wholeness of the individual by addressing behavior, diet, routine, lifestyle, exercise, meditation, and mindfulness training, participants will reduce stress, gain strength, flexibility, and balance to aid themselves from victims to changemakers, becoming leading members of their communities.

We believe that health care is more than just a "pill," but a way of life that includes addressing diet, lifestyle, and routines. These behaviors make a significant impact on overall health and will be the main tools in reducing diseases such as Diabetes, depression, suicide, addiction, cardiovascular, and digestive illnesses.

Integrating this eastern approach to western care will reduce the number of doctor visits, reduce healthcare costs and burdens, and improve the quality of life for all that participate in a natural health plan that focuses on improving the overall quality of life and longevity of an individual.

In the coming 5 years, JBYF plans to expand our online offering to include e-commerce of yoga and Ayurvedic accessories, herbs, and spices, as well as to open a headquarters brick and mortar in New Orleans, LA, which will consist of a yoga studio, Ayurvedic Kitchen, and Holistic Healing Arts Recovery and Rehabilitation center.





HUGE STEPS FORWARD

Why do we choose to keep going

People are becoming more conscious of their health and making great strides to live healthier, pesticide and chemical-free lives. They are embracing holistic, organic, natural, healthcare modalities such as yoga, acupuncture, massage, light therapy, aquatic exercise, meditation, and recently, Ayurveda.

Medical doctors, nurses, and fellow caregivers have been overworked and under-recognized for many years, and the COVID-19 pandemic in 2019 - 2021 prompted an onslaught of mental health concerns, cardiovascular, diabetic, and digestive imbalances, along with an increase in mortality from not just COVID, but the aftermath stemming from depression, led many to suicide in all age groups.

We recognized we needed a shift in the way we reach our community. In 2019, we expanded to the online platform and embarked on a global outreach to bring the modalities of yoga and Ayurveda through collaborative educational videos, workshops, discussions, blogs, social media, and recently a podcast streaming on 6 platforms.

The more accessible we are, the more money is saved on healthcare costs. The more money saved, the more empowered you are to invest in yourself and your family's health, livelihood, and well-being.

What we plan to do in the coming 5 years:

- integrate V.I.B.R.A.N.T across the USA
- e-commerce of yoga and Ayurvedic accessories
- e-commerce Ayurvedic herbs, and spices from India
- Open our headquarters brick and mortar in New Orleans, LA / Holistic Healing Arts Recovery and Rehabilitation center.
- Open an Ayurvedic Kitchen (flagship) in New Orleans, LA
- integrate our course curriculum with the CDC programs for medical professionals' additional credentials, and CEU
- Research study on the effectiveness of Yoga and Ayurveda methods to prevent, and/or reduce the onset of Diabetes, Parkinson's, cardiovascular, and stress-induced chronic illness.

MEET THE STAFF, BOARD & TEAM MEMBERS



Christina Andrini
CEO, Board Director, Ayurvedic Health
Mentor, 500 Hr E-RYT, YACEP, Lead
Educator: & Facilitator



Nehal Munshi
Board Member: B.S. in Biomedical
Engineering and Computer Science



Lisa Collins
Board Member: founder, and
principal of Collins Accounting
Services Group, LLC.



Dr. Ruben Carter
Chiropractor and AYT Anatomy
Contributor



Jaklyn Keller
Director of Grants, Content Planning,
and Ayurvedic Health Mentor and
Blog Contributor



Samantha Peters
Director of Web Development



Dr. Alex Baqui
Physician-entrepreneur, Co-founder
& CEO @ Valhalla Healthcare



Joseph "Vegan J" Schneider
Director of Video Editing

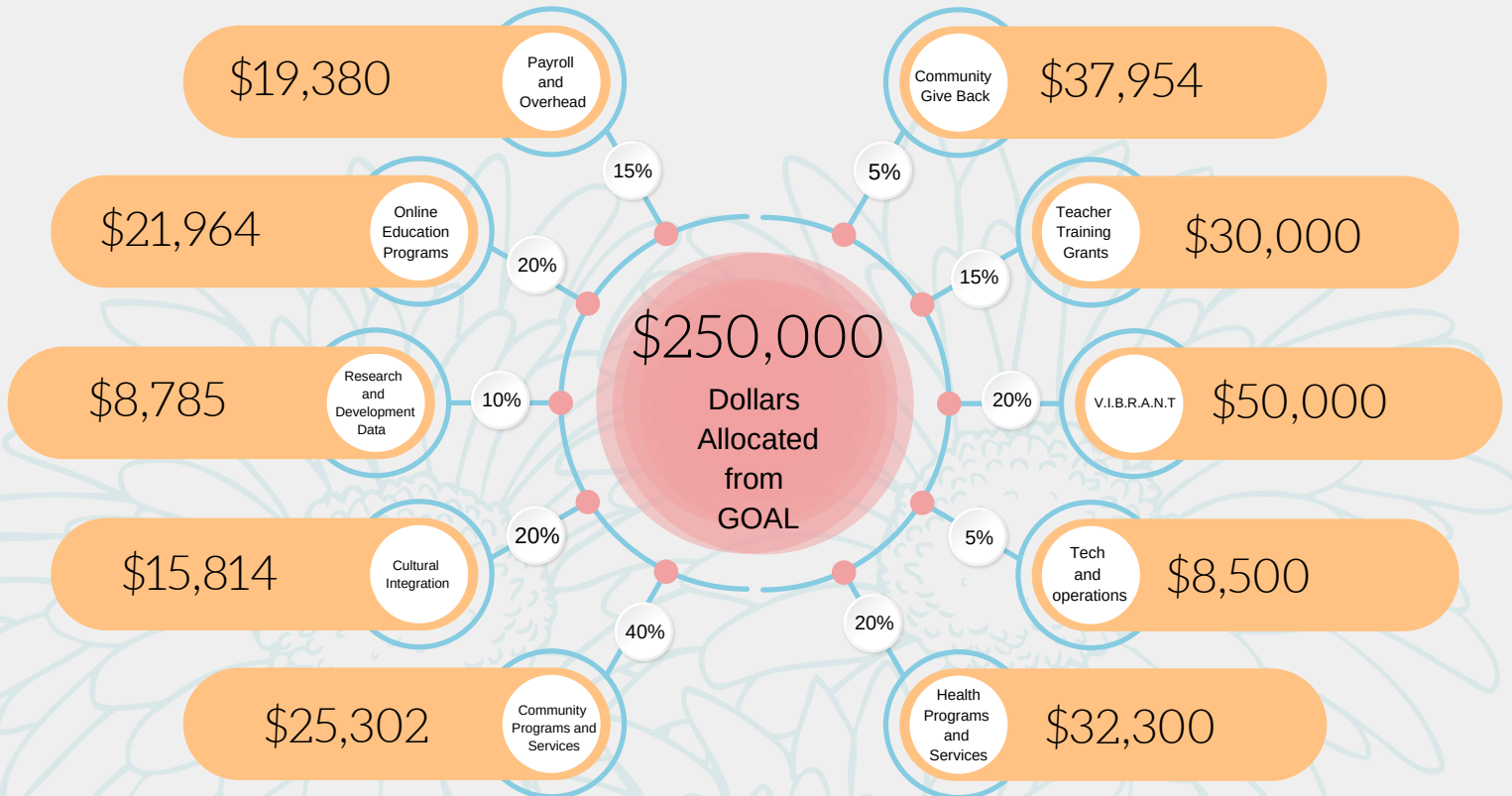


Brianna B.
Director of Digital Creation

WHAT WE NEED

Let's talk numbers...

In order to grow, we need to keep the operations healthy and full of life. Here are our financial goals to sustain the growth efforts of our projects, practices, and passions for our under-represented communities.



YOUR GIFTS AT WORK



Since **2017**, we have raised over **\$303,681.93** and growing.

Our goal for the coming year is:

\$250,000

BY 2027...

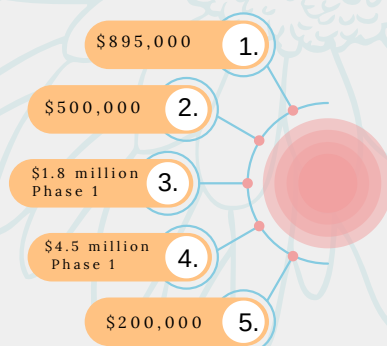
\$3.5 million

EXPENSES 2022

\$19,596

**EXPENSES DOWN BY \$21,228

Future Planning



1. Open our headquarters brick and mortar in New Orleans, LA / Holistic Healing Arts Recovery and Rehabilitation center.
2. Open an Ayurvedic Kitchen (flagship) in New Orleans, LA
3. integrate our course curriculum with the CDC programs for medical professionals' additional credentials, and CEU
4. Research study on the effectiveness of Yoga and Ayurveda methods to prevent, and/or reduce the onset of Diabetes, Parkinson's, cardiovascular, and stress-induced chronic illness.
5. E-Commerce expansion

CHADD'S STORY



IT ALL BEGAN IN 2015...

when Chadd decided it was time to take control of his life again. He shifted his attitude, *"a little thing that makes a big difference."* - Chadd Green

He relied on JBYF and Yoga as he struggled with a lot of problems from the classic time management, procrastination, and victim mentality, to reconnecting with his family, drug usage, sobriety, in and out of jail, failed relationships, and behavior issues, to name a few. Chadd began his yoga practice because he *"wanted to breathe and I wanted to grow."*

5 years sober and still dealing with hurts and hangups but *"I am finding acceptance,"* Chadd has not given up on his yoga practice. In fact, he has explored a variety of paths and yoga classes. Learning to open up and *"bring it to the mat."*

"Yoga makes me feel strong, when I am in a warrior pose, I am like, yeah, I am a warrior."

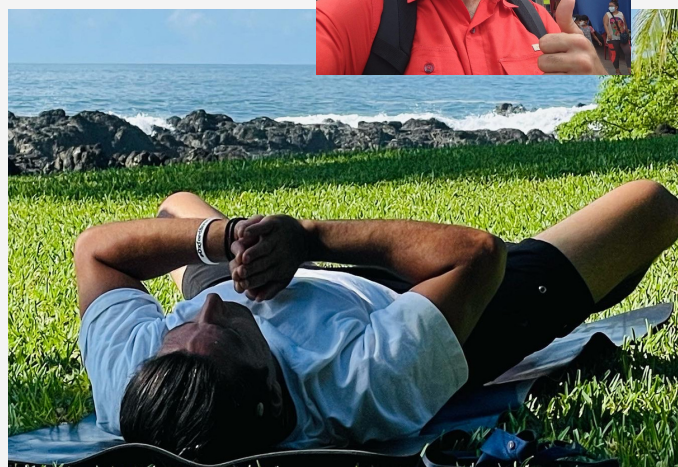
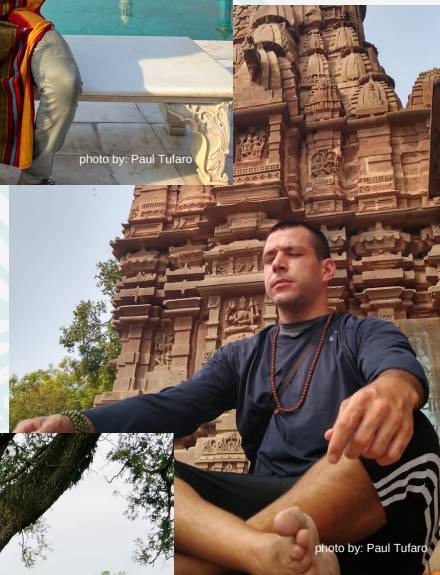
Some days are harder than others, facing fears, finding strength, and working through judgments, and for Chad, yoga *"was the reason I woke up."*

The practice has given him his own space to discover self-respect and a place to find acceptance. Being able to open up on the mat when he felt he couldn't whenever he found himself in and out of prison. *"Just making it to class was an achievement."*

In 2022, Chadd was the recipient of a 200-hour Ayurvedic Yoga Teacher Training from a generous anonymous donor. He will begin his training in 2023 and plans to share his gifts with a community of students that come from addiction, prison, and abuse, and share a story similar to his.

When presented with moments of frustrations, or mistakes, Chadd reminds us that *"I convince myself to let it go. You want to be healthy, positive, and successful."*

Chadd has been able to travel to India and Costa Rica with us in 2022 and plans to join us in Bali in 2023. Upon graduation from his teacher training, will become one of our cherished Jai Bhakti Yoga Teachers and a leader in our community.



FINANCIAL DONORS 2017-2022



Kris & Joey Bosco
Keith Francis
Emerald Coast Film and
Video
Kelley Brupbacher
Susan Sandborn
Angela Snell
Blake Fullmer
Agnieszka Nance
Jeremy Brewer
Russell Rehm
Rosalie Torres
David Koo
Marisa Naquin
Stephanie Lewis
Christine Thomas
Darcy Devine Scoggin
Melanie Miranda
Suzanne Berbert
Gerald Nisse
Theron McDonald
Carla Telavi
Charlotte Lin
Lynette Rolland
Leslie & Mark Schutt
Alexandra Reisner
Maureen Herring
Victoria Rotman
Melissa Barker
Lynell Franklin
Janice Jacobi
Betsy Weiss
Asyiah Degruy
Nicole Shatz
Cliff Von Langen
Arielle Schulmann
Kristen Vandeven
Carol Johnson
Charlotte Travieso
Lynette Fried

Paul Bergeron
Julie Whiteman
Ginger Ellis
Rachel Ricca
Emily Trehubenko
Joan & Luke Guillory
Johnell Todaro
Empire State Delicatessen
Valerie Sholes
Shannon Weatherup
Keegan and Komal Brown
Nancy Elliott
Gabrielle Becnel
Gary Ballier
Lindsay Kaufman
Aletha Strong
New Orleans Musician's Clinic
Garden of Memories
New Orleans Recreational
Development Center
Connected Warriors
Bastion Community of
Resilience
Dylan Tete
Creeya Yoga
Ivy Perkins
Tootie Walker
Julia Goodgion
Christopher Abel
Aletha Strong
Emilio Aleman
Joel Williams
Wild Lotus Yoga
Swan River Arabi
Jason Davey
Nola Seva
Lauren Gutierrez
Brenda Bruno
Brenda Fundeburg
Shauna Emrie

Amy Stewart
Barbara Fitzpatrick
Dabney Jacobs
Zara Zeringue
Tina Childs
Caroline Kaiser
David Bachtel
Melissa Bacino
Lee Lemond
Laura & Phillip Claverie
Nicole Verdan
Sally Omeallie
Lisa Musso

Noah Ksiazkiewicz
Adam Viator
Brenda Dickson
Michelle Bryant
Daniel Vance
Daniel Rees
Stewart Juneau
Editha Victor
Graham Patterson
Mercy Endeavors
Network for Good
Janice Krantz
Environmental Business Specialists

THANK YOU FOR
BELIEVING IN US OVER
THE YEARS

Laura Danna
Stephen Medina
Dot Isacks
Allison Daly
Aaron Handy Jr.
Kirsten Darbyshire
Lauren Dellsperger
Alison Kuemmel
Mark Berger
Cathy Kurz
Allison Porter
Brandee Lasuzzo
Drew Casey
Kay and Steven Simon
Chaunda Celentano
Nicole Rochat
Yeah! Yoga
AJ Nolan
Melody King
Emily Larson
Jessica Allen
Lynn Lalka
Christina Schneider
Billy Franklin
Lisa Collins
Ann Marie Brennan
Karen Levesque

Danielle Brunious
Chadd Green
Chad Fava
Amberly Stuart
Haley Masters
Adrian Bruneau
Divine Essential Bodywork
Kerrine Ramsey
Dirieal Perkins
Hayze Mariscal
Melissa Buras
Mark Coleman
Judy Scott
Bart Folse
Banyan Botanicals
Erica Kauffman
Kristin Manning
Anjali Kotian
Nehal Munshi