



JAHRE YOGAHILFT

Partnerin für Soziale Arbeit & Bildung

YOGAHILFT Annual Report 2022

MISSION:

Founded in Hamburg in 2014, the non-profit association Yoga für alle e.V. enables participation and prevention for vulnerable groups through the YOGAHILFT program. YOGAHILFT enhances self-efficacy and resilience, is outreach-oriented, effective, and sustainable, and creates access to impactful and lasting interventions for vulnerable groups through collaborations with providers of child, youth, integration, and elderly care.

Despite the pandemic and extremely challenging conditions for group activities in social settings, 460 people in 53 groups nationwide benefited from YOGAHILFT in 2022. Together with our partners, the team of Yoga für alle e.V. worked intensively to offer the well-received participation and prevention program to participants despite pandemic-related restrictions.

Success was achieved in all three YOGAHILFT formats:

PrÄViG: Prevention in primary school age for children growing up under challenging conditions (refuge, poverty, cramped living conditions, addiction and/or mental illness, violence).

PSY: Psycho-sensitive yoga for depression, grief, eating disorders, and post-domestic violence.

OMY: Yoga for people aged 60+ in poverty.

The scaling of OMY! to Munich was successfully prepared in 2022.

In 2022, Yoga für alle e.V. facilitated 1,205 hours of YOGAHILFT nationwide.

Our fundraising event, the LANGENACHTDESYOOOGA, successfully took place on June 25, 2022, despite the uncertain pandemic situation. The team decided on a hybrid format due to the circumstances.

INCOME AND EXPENDITURES

STAFF:

Volunteers have supported the non-profit association Yoga für alle e.V. since its foundation on April 6, 2014, until December 2021. A consulting scholarship from startsocial in 2020 strongly recommended that the association create financial conditions for at least two

full-time positions to support the organization's growth due to increasing demand in the social sector.

By a unanimous circular resolution on October 14, 2021, the members of Yoga für alle e.V. approved that founder and chairwoman Cornelia Brammen would transition to a 20-hour full-time position starting December 1, 2021. In April 2022, chairwoman Birgit Köhler also moved to a 20-hour full-time position. A resolution passed during the 2022 business year allowed for increasing these full-time positions to 36 hours (Brammen) and 30 hours (Köhler) starting January 1, 2023.

In 2022, three part-time employees (mini-jobbers) with a total of 20 weekly hours supported Yoga für alle e.V. alongside the two full-time managing chairwomen.

In direct contact with vulnerable groups, a total of 48 YOGAHILFT teachers provided specialized yoga sessions of 30-60 minutes weekly, promoting participation and prevention for participants. Additionally, these teachers spent two to four hours per month on exchange, further training, and supervision related to YOGAHILFT teaching.

Ten purely voluntary members intensively supported the leadership and teaching team in organization, social media, training, and event management.

TRAININGS:

Fifteen training sessions with a total of 152 participants were conducted. Registration was transitioned to Eventbrite.

- 9-hour training in Yoga and Trauma: 3 sessions, 70 participants
- 3-hour training in OMY!: 3 sessions, 24 participants
- 3-hour training in PrÄViG: 6 sessions, 48 participants

FUNDRAISING:

Sponsors contributing more than 10 percent of our annual income are marked with *.

PrÄViG:

- Hummelfonds
- Ingeborg Groß Stiftung*
- Hannah und Wilhelm Ellinghaus Stiftung
- Bürgerstiftung Hamburg
- DFL - Deutsche Fußball-Liga
- Deutsche Bahn
- YogiTea Foundation
- Yogistar
- Joachim-Mausolf Stiftung

OMY!:

- Postcode-Lotterie*
- Homann Stiftung
- Retla e.V.

- Lichblick Seniorenhilfe e.V.

Full-time positions:

- Beisheim Stiftung

- Funding for 2023:

- #UpdateHamburg (full-time positions)*

- Follow-up funding from Beisheim Stiftung

- Follow-up funding from Ingeborg Groß Stiftung

- Follow-up funding from Hannah und Wilhelm Ellinghaus Stiftung

- Follow-up funding from Hummelfonds

FEEDBACK

Partners:

"The trauma-sensitive yoga group is a gift in the everyday lives of the women at PSB Flucht, giving them joy, strength, and confidence. We don't want to miss this special offer anymore."

- Christina Ellinghaus, Diakonie Hamburg/PSB Flucht

"Both the children and the staff benefit from PrÄViG. The children enjoy participating, can be silent better after a few sessions, stay on their mats, are attentive, and endure the 30 minutes better. The children visibly enjoy the sessions and look forward to the yoga teachers. In subsequent 'normal' teaching sequences, there is more relaxation, longer attention spans, and increased well-being. The children sustainably benefit in their psycho-emotional and mental development in their current life situation, which is marked by many uncertainties and stresses." - Verena Klein, Teacher at Fridtjof Nansen School, Hamburg

"PrÄViG is a component of our multimodal special education concept that brings calm, resilience, and stability to children and the team. We don't want to miss it but rather expand it." - Mareile Mönninghoff, Deputy Principal, ReBBZ Nord, Hamburg

Participants:

"PSY helps me mentally and physically a lot."

"I like everything about PSY. It has generally made my life better and more relaxed."

"Without yoga, something is missing. It personally helped me through surgery. YOGAHILFT gives me regularity and structure in uncertain times."

Sponsors:

"We are pleased that, thanks to our participants, we can support OMY! Yoga and thereby seniors affected by poverty, loneliness, or social isolation. This project combines social interaction, exercise, and fun – a truly wonderful project and a great #PostcodeEffect." - Katja Diemer, Head of Charities, Deutsche Postcode-Lotterie

"We are convinced that yoga can make an important contribution to mental and physical health in all age groups. Therefore, we are especially pleased that OMY! Yoga for people 60+ in poverty is now also available in Munich, following its success in Hamburg." - Alison Eriksen, Beisheim Stiftung

PRESS:

- 10.02.2022, Tina
- 01.03.2022, Podcast Wellbeing_Anna
- 07.03.2022, Hamburg 1, Nachgefragt
- 09.05.2022, Podcast Alya
- 18.05.2022, Eppendorfer, Professional Journal for Psychiatry
- 08.06.2022, Lustaufsleben
- 15.06.2022, WDR5, Neugier genügt
- 21.06.2022, Podcast Sinah Diehpold
- 25.06.2022, Mopo Hamburg, DAS! Hamburg Journal
- 19.08.2022, Podcast Ganzwunderbar
- 11.10.2022, Podcast Lebensflow
- 21.10.2022, Podcast Yoga als Beruf
- 29.12.2022, Yoga Journal

The income and expenditure report has been prepared by the law firm Fürsattel & Kollegen in Nuremberg. Audit and board discharge will occur during the general meeting on September 14, 2024 (biennial cycle; last meeting on August 27, 2022).