

The Yoga Difference Accomplishments 2012



The grassroots concept of offering yoga, in home settings, to improve the well being of the attendees and then using the proceeds for a greater cause proved successful for The YogaDifference in 2012. Through the combined efforts of our supporters, yoga classes, workshops and our first retreat, we supported 22 micro loans for impoverished women to start sustainable businesses, contributed to the rescue of victims of sex slavery, and paid for one fistula repair. Three organizations benefited from our successes as well as the women who actively participated in the activities. There is no question that our premise "When we make a positive difference in ourselves, we make a positive difference in the world" works!



Women's Empowerment International

This San Diego based not-for-profit, provides small, repayable business loans and services to impoverished women enabling them to start sustainable businesses in hopes of ending the cycle of poverty for the poorest of the poor. Throughout the year, two Women's Empowerment yoga circles generated \$3,8886 for Women's Empowerment initiatives. This concept has proven to be so successful that they are actively pursuing creating more yoga circles. womenempowerment.org



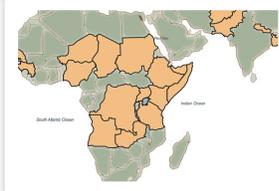
Somaly Mam

This not-for-profit organization is dedicated to the eradication of sex slavery and the empowerment of its survivors. Cambodian survivor, Somaly Mam, herself sold into slavery at the age of 12, founded the organization and has rescued over 4,000 women and children. She personally has orchestrated raids on brothels, rescued sex workers (some as young as five and six), built shelters, and founded schools to assist them on a journey to health, hope, and economic independence. www.somaly.org



The Fistula Foundation

The Fistula Foundation works towards the prevention and repair of fistulas, considered the "most frightful affliction of humankind". If a woman's labor is obstructed and childbirth fails, the woman's body is literally broken by childbirth, leaving her incontinent and suffering for the rest of her life. Millions of women in the world's poorest countries are suffering from this condition because they can't afford the \$450 surgery necessary to correct this easily repaired condition. As a result their life is devastated and they live their remaining years as an outcast. The FistulaFoundation is the leading organization in the world providing services in 19 countries and operates 38 facilities. fistulafoundation.org



Retreat, Workshops, and Benefit

Fall in McCall Yoga Retreat

The Yoga Difference offered its first yoga retreat in McCall, Idaho in the Fall of 2012. The response was heartwarming and affirming. We shared three days of yoga, adventure, camaraderie, good food and insightful discussions. The end result was our leaving the retreat feeling renewed physically, emotionally, and spiritually. We all experienced the additional satisfaction of knowing that our good intentions and donations to this event were going to organizations that support other women and help to make the world a better place.



Workshops

We had the opportunity to generate funds from participating in two workshop setting this year. Once a year we are invited to participate in the Vertical Soul Yoga Teacher Training to present and teach yoga classes. We were also invited to participate in the From the Forest Fall Equinox. This event attracts local herbalists, craftsmen, and artisans to share barter or buy each others products and honor the equinox. Both events were sources of donations and an opportunity to network and educate a broader audience about our mission. verticalsoulyoga.com and fromtheforest.com



First Benefit Event for The Yoga Difference

Angela Fe Bassett RYT, certified Reiki Master, and owner of the Sankalpa Studio, is passionate about contributing her talents to making the world a better place. Discovering The Yoga Difference at a yoga event, she decided to volunteer to host a benefit yoga class for The Yoga Difference in Austin, Texas. She is committed to continuing to support The Yoga Difference through her practice and studio.



Gratitude and Goals 2013

The Board of Directors wishes to thank our supporters. They made it possible to establish a firm foundation on which to build. A very special thank you to Felice Grace who so faithfully filled in to teach yoga classes whenever it was needed. We couldn't have accomplished what we did without her. Our goals for 2013 are to build on the foundation that we have established, increase attendance at all of our activities and raise awareness of our organization. Blessings, Rose



For more information of the Yoga Difference, please click our website www.theyogadifference.com

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