



Generate Hope

## The Yoga Difference is Changing Lives

It is the conviction of The Yoga Difference that when we make a positive difference in ourselves we are able to make a positive difference in the world. In 2015, our third year of practicing this concept, The Yoga Difference was able to fund 35 micro loans through our donations to Women's Empowerment. Four hundred and fifty dollars is the cost of a surgical repair of a fistula and to give a woman her body and life back. Through our donations to The Fistula Foundation, we were able to repair six fistulas. In 2015 The Yoga Difference donated \$7,000 to organizations in the San Diego area dedicated to helping rescued victims of sex trafficking return to a life of dignity and freedom through comprehensive services and housing.

The Yoga Difference was able to generate over \$13,000 in 2015 through donation based yoga classes, workshops and retreats. Additional funds were generated through privately sponsored events and direct donations.

To be part of helping a beautiful human being get her life and power back is an inspiring privilege. A small amount of money can mean all the world to a women who's dignity and self esteem has been stripped away, is living in abject poverty or a victim of sex or human trafficking. We hope you will choose to participate in one of The Yoga Differences activities or sponsor your own event.

## Personal Stories Where a Difference was made in 2015



### Yenis (Honduras)

In her rural village in southern Honduras, Yenis invested her first loan of \$135 in aluminum pots. She borrowed a tiny area at the back of her cousin's home as a workspace. With the help of her husband and son, she collected scrap metal to melt down and recycle into usable products. As the business has grown, she has been able to hire six assistants, providing local job opportunities.



### Umuhzoza (Northwest Rwanda)

Umuhzoza, 24 years old, arrived at the hospital with two massive fistulas and could barely walk. She was so traumatized by her labor that she could not remember any details but the doctors believe she had been in labor for at least five days based on the extent of her damage. Umuhzoza and her mother were at the hospital for over six months, but they say every moment was worth it. Today she is healed and building a new life for herself.



## **Generate Hope (San Diego) A safe house for rescued victims of sex trafficking.**

The Yoga Difference was a part of Generate Hope's successfully purchase of a permanent home for their rescued victims of sex trafficking. The significance of this accomplishment is that the organization will never have to worry about relocating when the lease is up and will be able to allocate those lease payments to their programs and outreach. Having this new financial foundation will also help Generate Hope qualify for additional grants. We are so excited to have been involved in the success of this event.

Please consider hosting a simple, enjoyable, meaningful fundraising opportunity in your home. We all have special talents to use to make the world a better place.

Some options might be:

- Host a catered or home cooked meal to a group of friends.
- Host a fun brunch and have everyone bring a dollar for every pair of shoes they own.
- Organize a sponsored walk of friends and colleagues.



*Mobile: 858-735-6692*

[info@theyogadifference.com](mailto:info@theyogadifference.com)

[www.theyogadifference.com](http://www.theyogadifference.com)

## **Calendar of Events for 2016**

### **Annual Events**

**4th Annual Wild Food Fest**  
May 20 - 22, 2016  
Lucile, Idaho

**5th Annual Fall in McCall Yoga Retreat**  
October 21-23, 2016  
McCall, Idaho

### **San Diego Day Retreats/Workshops**

**Practical Approach to Living the Yoga Sutras**  
**The Obstacles to Yoga and their Removal**  
Dates to be determined.

## **Word from the Board of Directors**

The Board of Directors wishes to express our most sincere gratitude to everyone who supported our efforts and events last year. They made it possible to expand our reach and positively affect more lives. The mission of The Yoga Difference is to research, help fund and foster small local projects that advance the causes of women in need. Your involvement and donations are helping us to accomplish those goals. Blessings, Rose, Vicki, and Darcy