



**your name**

Yoga Coordinator

Business

address

phone

*This is a sample of text introducing your organization and making a request for a donation for the donation based yoga program.*

Aloha Yoloha,

Kahumana Organic Farm and Café is an ever-expanding non-profit organization whose mission is to co-create a healthy, inclusive and productive farm-based community joining together through spiritual practice, involving homeless families, people with disabilities, and youth. We advocate holistic wellness and environmental integrity through community outreach, youth education, developmental disability programs and promoting cultural enrichment.

One of our many facets is the yoga program, which helps bring the community together in wellness. The Kahumana Yoga Program started a year ago with one instructor, and has blossomed to three yoga instructors to accommodate our class sizes. Our homeless families are given tools and a strategic plan to help them "get back on their feet", one of which is free yoga classes, where we explore the mind body connection and self love. Kahumana Yoga also offers yoga five days a week to our developmentally disabled program. Through yoga, participants learn fun ways to calm their body and mind on the mat with breath work, stretching, and sound therapy to assist in handling the stress and anxiety of everyday life. We hold, educational programs for children and young adults to learn the importance of holistic health. Different schools from all around the island with students of all ages learn organic agricultural practices and yoga. Our community classes offered 5 days a week include the people of the Waianae coast. Most who are of low socio-economic status struggling with serious health complications such as obesity, diabetes and heart disease. Our yoga program offers donation-based yoga classes to accommodate this disadvantaged community, and promote a healthy and mindful lifestyle. These donation-based classes are also offered to the 10,000+ people touring the farm, eating at the café, or staying at the bed and breakfast or retreat center every year

from all around the world. Our classes are well diversified with people of all shapes, sizes and socio economic status coming together as one under the practice of yoga.

In order to continue the Kahumana Yoga program and meet the needs of a versatile yoga community, we are in desperate need of adequate yoga supplies. Holding outdoor classes on the farm has allowed students to sync their practice with the natural surrounding elements, but has jeopardized the quality of our equipment. We would like to provide our students with appropriate and durable yoga supplies, such as; cork yoga blocks, straps, and cork mats. We are reaching out to Yoloha yoga not only for the quality of yoga props , but for the alignment in both missions: To create a sustainable practice on and off the mat, in order to embody a healthy environmental focus for all beings and lessen our impact in the carbon footprint on the world.

Mahalo,

for your consideration in donating to our non-profit program

your name

title

organization

address

phone

snagged this at: TheYoke.Yoga

