



Annual Report
2019

Board President's Message

Douglas Files, MD

Five years into its existence The Yoke is still evolving at a rapid pace. We were able to expand our reach and touch many more lives in 2019. We partnered with several other yoga and coaching organizations. Our Alchemy program will provide leadership training for women. We have also sponsored several yoga programs for military and veteran populations. The expansion of our work in new directions and into Colorado and Washington bodes well for the next several years.

Our Yoke podcasts increased in quantity and quality in 2019. Podcasts are available through our website and readers are encouraged to view hours of peaceful and practical offerings. We are still preparing for yoga teacher training to be offered in future years.

This year we supported advanced training for our executive director. She completed a 300-hour teacher training and began a doctoral program in leadership which will allow us to increase our operations in the future. LauraLynn also created an insightful video on values which may be explored on our website.

The executive director regularly augmented our Yoke website in 2019. Check it out at www.theyoke.yoga. She also kept up our social media presence on Instagram, Facebook, Twitter and Pinterest. Our Soulshine bulletins continue to disseminate great information on a regular basis. After five years The Yoke is as vibrant and active as ever. Keep watching as we spring into next year with plenty of robust activities to come.

Executive Director's Message

LauraLynn Jansen, MHEd, CPCC, e-RYT

Yoga is a full *life-practice* to me, I firmly know this now. When the elements underlying this ancient system - sense withdrawal, meditation, uniting with Divine energy - first offered their assistance, they came with no specific label. Mantra/nāda and āsana came many years later. Now after decades of interweaving the many layers of Yoga, on a daily basis, it all makes so much sense to me. On every level of who I am, all the outer actions and inner reflections align making *Yoga* less and less mysterious to me.

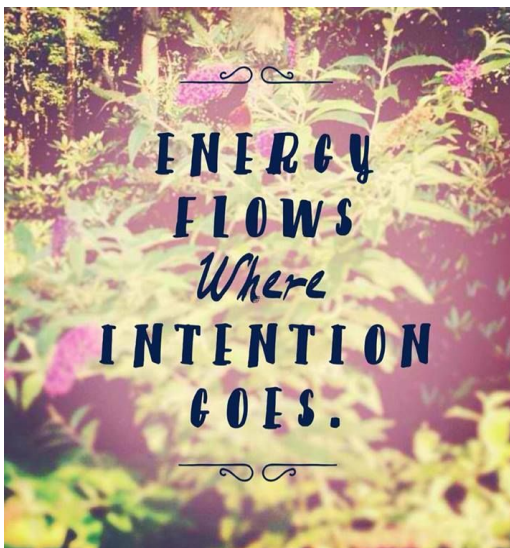
Now through studying Leadership and Change (as part of a PhD program) I am edging myself toward an expansive vision of how Yoga's complete system can meld into a self-empowering personal leadership instrument. This personal experience and understanding, coupled with the yearning I see in other folks who want to learn of this thing named Yoga, prompts a new dimension to our programming at The Yoke. We are striving to offer modern world folks other angles of understanding this ancient teachings. This last year, of 2019, was spent creating programs to bring forth these intricacies of Yoga, specifically the process of self-inquiry known as svādyāya. Our first offering starts with an exploration of understanding what motivates us. [Defining Your Values](#), the first video in a series related to the journey of understanding self. It is an example of how one can examine self through the lens of modern leadership concepts and align with the promptings of the ancient sages. I look forward to being a guide and comrade along the path with you.

LauraLynn



Accomplishments

This year we expanded our offerings to communities in the states of Wisconsin and Washington. We were able to provide face-to-face services in four different states. The communities we served have less access, due to their remoter locations, to diversified Yogic based programming. Thanks to our generous donors we were able to assist studios by paying for our teachers to come and provide lesser known workshops.



Over the last year we continued to provide Yogāsana classes in multiple settings for no cost to the students. Part of this has been enabled by our partnership with [Comeback Yoga](#), a Yoga non-profit in Colorado working to serve military members.

One member, who regularly attends a class at Buckley Air Force Base shared how the practice serves him,

“It releases tension in my body, helps relax my mind and feel more at peace. Yoga is the most beneficial remedy after a stressful day or week. It just works.” – Andrew

Studies are showing the growth of Yoga’s popularity is due to a multitude of reasons.

Folks are experiencing notable physical health benefits and reduction in stress and an increase in their ability to manage stress leading to a greater sense of well-being.

Additionally, many studies are discovering Yoga can alleviate symptoms of anxiety and

depression. We see this impact firsthand in the classes we offer and are grateful to continue to serve populations where we can make a difference.

The other major accomplishment of this last year is a further refinement of our mission toward building Yogic based offerings that fill the desire of folks we've met and spoken with. A mobile [Yoga Training](#) is one of these. This training has two distinct segments:

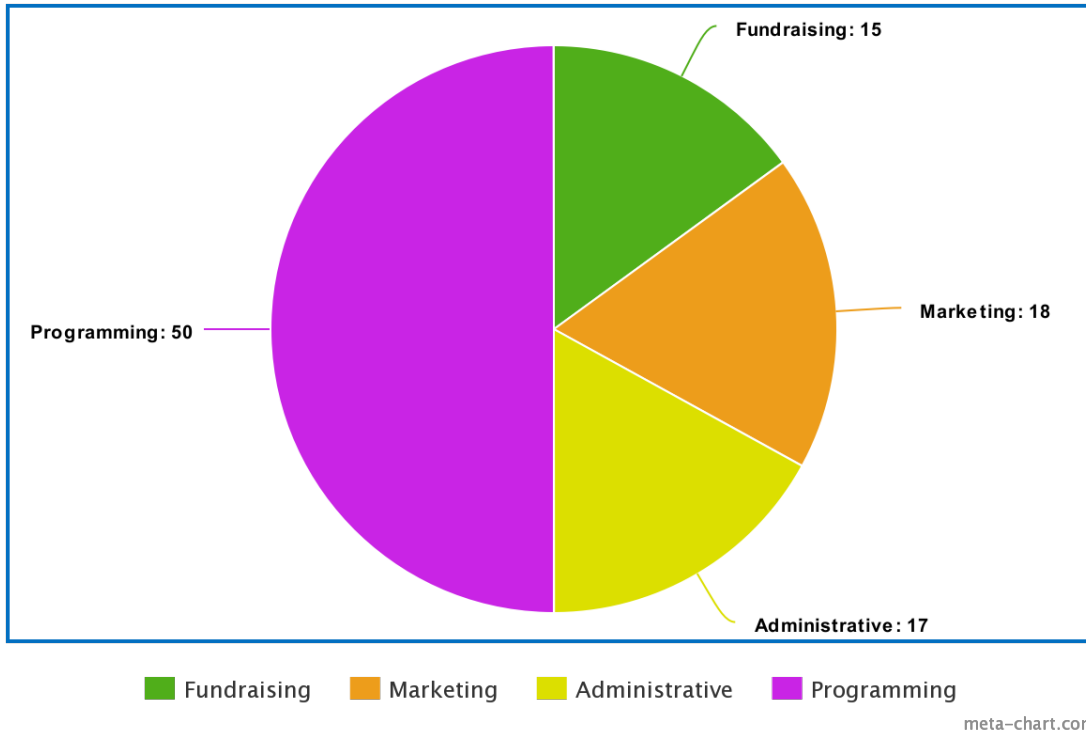
- an immersion portion for students wishing to deepen their knowledge and experience of these ancient teachings
- **or** - the full 200 hours for those wishing to teach. Those taking on the full offering are also able to partake in a year of mentor-coaching. These graduates will also have special access to The Yoke's "Office" filled with resources for Yoga professionals.

The Yoke has also developed a whole host of online programming for the process of self-inquiry, also known as svādyāya. The video first video series starts with [Defining Your Values](#). It is a prime place to start on the journey of self- understanding. We will be rolling out more video series, online courses, webinars and e-publications over the next several years.



namaste

Financials



Poṣaka पोषक Circle

Poṣaka means to nourish, feed, support, and keep (in Sanskrit).

We are deeply grateful to all who nourished The Yoke in 2019 with their time and financial support.



Call to Action

If you feel inspired by our mission we invite you to share our programs with your community:

- * a [mobile studentship/teacher training](#) for communities lacking such a service
- * the development of a video library starting with "[Defining my Core Values](#)" & expanding into even more in-depth offerings for self-inquiry.
- * a [module on nāda Yoga](#) which can be incorporated into any Yoga Teacher Training
- * webinars & e-publications to assist you on the path of [svādyāya \(self-inquiry\)](#)
- * [retreats](#) focusing on the life leadership through a Yogic lens
- * [Ripples](#) The Yoke's blog
- * [The Pods](#) vlogcast, video podcast

- * [Donate](#), so all the above may continue to be available to all you wish to learn of these ancient teachings.



An extra special thank you goes out to the folks
who have assisted The Yoke over the last year.

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