



JAI BHAKTI YOGA FOUNDATION

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**ANNUAL  
REPORT**

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2017-2022

# ABOUT JAI BHAKTI YOGA



## MISSION

Provides continuing yoga and Ayurveda holistic wellness education for future and current health leaders and professionals to empower under-represented communities to take control of their physical, mental, and economic health and well-being.

Our passion lies with the women and children devastated by domestic violence throughout New Orleans, LA, and all over the world. Contributions give us the ability to expand our network to provide accessible and equitable courses through our program initiative V.I.B.R.A.N.T (Victims Initiative Becoming Resilient and Navigating Trauma) creating Yoga and Ayurvedic Health Educational Curriculums for minority women in the heart of the city's most violent districts.

## VISION & GOALS

- Provide grants for our Ayurveda Yoga Teacher Training program to BIPOC (Black, Indigenous, and People of Color) students in financial need
- Obtain and upgrade our technology platforms for enhanced education and data collection
- Expand our professional resources to conduct research studies supporting the integrity of Ayurveda and Yoga as a preventive care solution
- Translate our continuing education offerings to Spanish-speaking communities
- Partner with medical doctors to integrate yoga and Ayurveda for the prevention and management of Diabetes, Cardiovascular, and chronic illness
- Open a holistic Ayurveda Yoga Healing Center to support our V.I.B.R.A.N.T program for women and children impacted by gun and domestic violence



Photo by: @GTROPUS, Keith Francis

*Healthcare costs are increasing daily. Many underserved and under-represented communities are unable to afford healthcare and rely on “self-medicating.”*

*This approach has led to an increase in addiction, depression, and suicide in minority, low-income, and impoverished populations. Jai Bhakti Yoga Foundation is able to offer prevention and treatment solutions resulting in a reduction of the burden placed on the public healthcare systems.*

*Integrating holistic preventative care and educational program services such as yoga, meditation, and Ayurvedic wellness in partnership with organizations serving these individuals instills discipline, a sense of accomplishment, and accountability resulting from healthy organized activities. Studies have shown a considerable reduction in addiction to illicit drugs and substance abuse, depression, and suicide.*



photo by: vital social



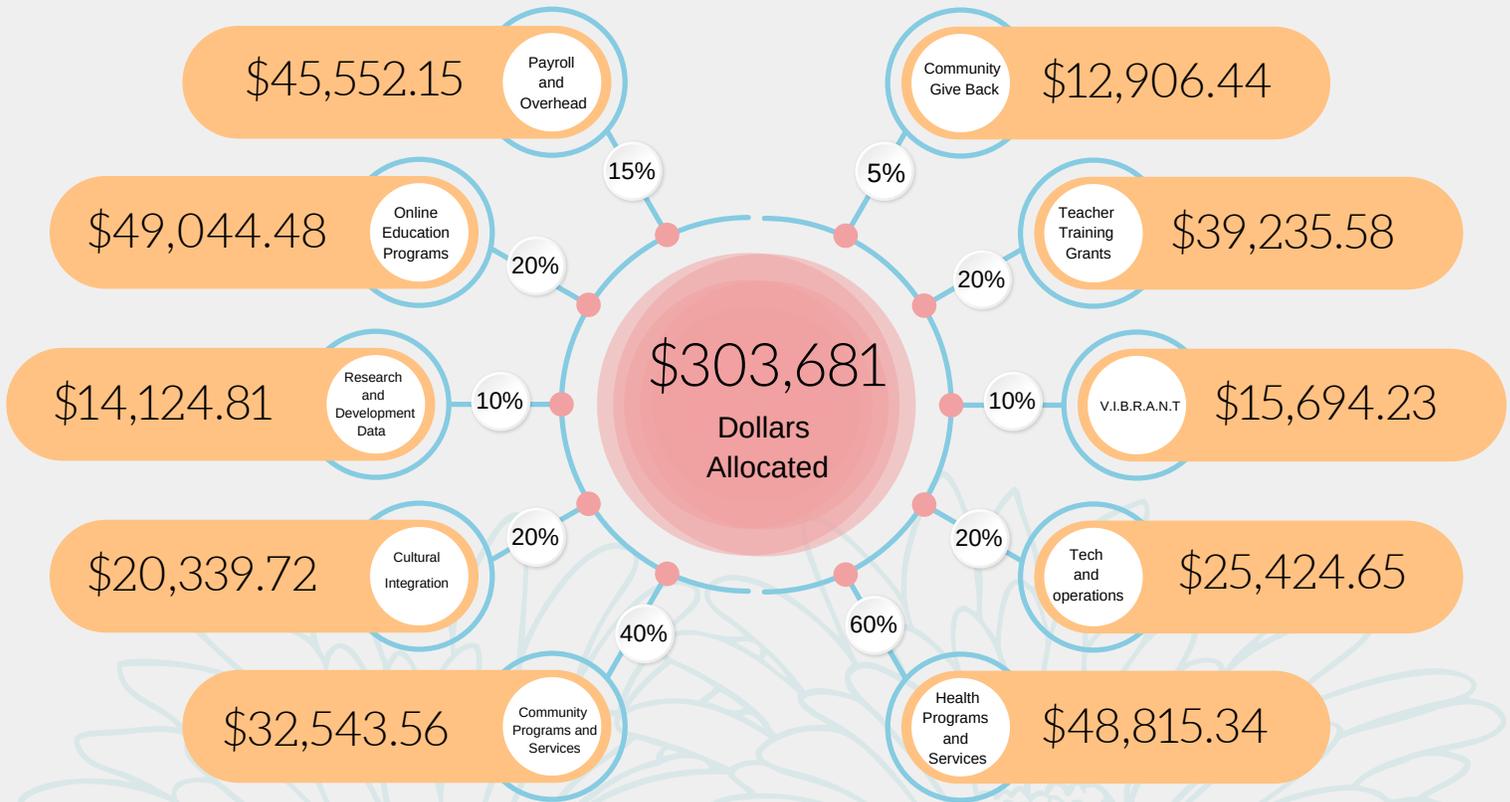
## WHERE WE ARE NOW

Jai Bhakti Yoga Foundation began its humble journey back on Nov. 16, 2017, with 1 employee, 3 board members, and 1 volunteer. Over the last 5 years, we have grown to sustain 2 employees, 4 board members, 8 volunteers, and over 15 contractors from Yoga teachers, wellness experts, social media managers, web developers, holistic wellness leaders, and grant writing professionals.

We began with 4 yoga programs to nurture the city of New Orleans, LA, and survived the COVID-19 pandemic. Today, we have increased our offerings to over 10 wellness programs from Bilingual yoga classes, created an online and in-person 200-hour Ayurveda Yoga Teacher training, developed 2 successful community-driven and supported yoga wellness festivals, pioneered the Aqua Yoga program in New Orleans, LA, partnered with 501(c)3 Connected Warriors to integrate a free military yoga program in New Orleans, LA, established special needs and physically challenged yoga classes, senior center yoga classes, Ayurveda programs, and training, led over 15 successful international yoga retreats and counting, pioneered our newest initiative V.I.B.R.A.N.T for women and children devastated by gun and domestic violence, and expanded our teaching presence globally.

JBYF has contributed over 450 yoga mats to local non-profit organizations such as New Orleans's Musician Clinic, Son of A Saint, Fighting Spirit, Yeah! Yoga, New Orleans Recreation Development, Indian Council for Cultural Relations, New Orleans Riverwalk, Big Easy Bucha, Bastion Community of Resilience, Connected Warriors, Yoga Service Council, National Ayurveda Medical Association, and the New Orleans Ballet Association to name a few.

## THE NUMBERS



## YOUR GIFTS AT WORK



Since **2017**, your gifts have been hitting the mat hard!

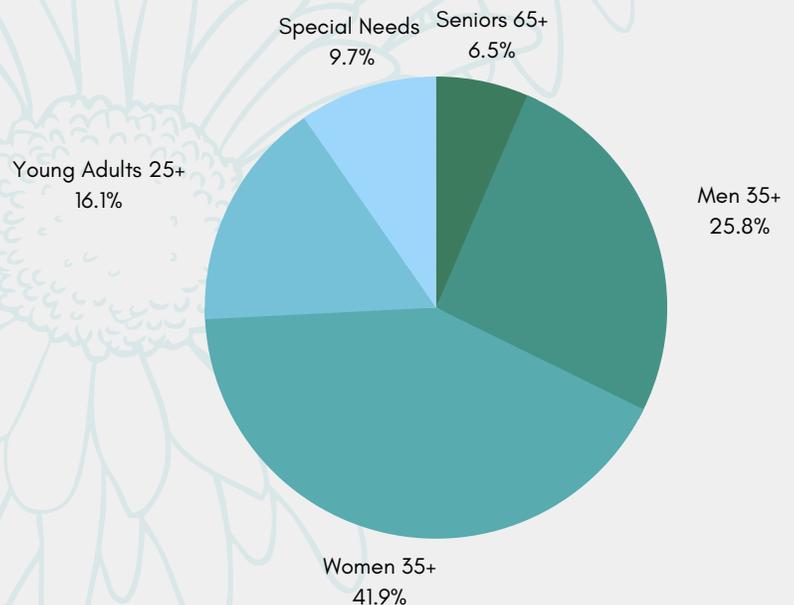
We have raised over **\$303,681.93** since **2017 and growing.**

The above figure shows how your funds have been allocated.

## CLIENT RELATIONS

Harvard studies have shown positive increases in mental, emotional, and physical health while reducing healthcare costs for seniors, the elderly, young adults, and youths for “treatment” and prevention of addiction to illicit drugs and substance abuse, depression, and suicide. Healthcare costs are reduced by “\$2,360 annually” (Harvard, 2015).

The pie chart to the right highlights the respective populations we serve at Jai Bhakti Yoga Foundation.



# WHERE WE'RE GOING



## CLIMBING UP

JBYF is making moves in the western medical world by introducing eastern holistic wellness known as Ayurveda. This science, along with its sister science of yoga, is an integrative method that comes alongside current medical protocol to enhance the effectiveness of current treatment plans addressing depression, obesity, inflammation, cardiovascular, respiratory, and digestive disorders.

Currently, we are working towards grant funding for our newest research study V.I.B.R.A.N.T for a comprehensive wellness initiative across impoverished districts of New Orleans, LA specifically targeting the 9th Ward with the highest gun violence- where half the city's homicides and non-fatal shootings are reported (2021). JBYF has been supporting the BIPOC Community (Black Indigenous People of Color) since 2017, where many participants devastated by gun violence have found peace through lifestyle changes, yoga, and nutritional education.

The grant/contribution for V.I.B.R.A.N.T (*Victims Initiative Becoming Resilient and Navigating Trauma*) will create a yoga and Ayurvedic Health Educational Curriculum for minority women affected by domestic violence in the heart of the city's most violent district. Through our wellness and health programs, rooted in Ayurveda, supporting the wholeness of the individual by addressing behavior, diet, routine, lifestyle, exercise, meditation, and mindfulness training, participants will reduce stress, gain strength, flexibility, and balance to aid themselves from victims to changemakers, becoming leading members of their communities.

We believe that health care is more than just a "pill," but a way of life that includes addressing diet, lifestyle, and routines. These behaviors make a significant impact on overall health and will be the main tools in reducing diseases such as Diabetes, depression, suicide, addiction, cardiovascular, and digestive illnesses.

Integrating this eastern approach to western care will reduce the number of doctor visits, reduce healthcare costs and burdens, and improve the quality of life for all that participate in a natural health plan that focuses on improving the overall quality of life and longevity of an individual.

In the coming 5 years, JBYF plans to expand our online offering to include e-commerce of yoga and Ayurvedic accessories, herbs, and spices, as well as to open a headquarters brick and mortar in New Orleans, LA, which will consist of a yoga studio, Ayurvedic Kitchen, and Holistic Healing Arts Recovery and Rehabilitation center.





# HUGE STEPS FORWARD

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## Why do we choose to keep going

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People are becoming more conscious of their health and making great strides to live healthier, pesticide and chemical-free lives. They are embracing holistic, organic, natural, healthcare modalities such as yoga, acupuncture, massage, light therapy, aquatic exercise, meditation, and recently, Ayurveda.

Medical doctors, nurses, and fellow caregivers have been overworked and under-recognized for many years, and the COVID-19 pandemic in 2019 - 2021 prompted an onslaught of mental health concerns, cardiovascular, diabetic, and digestive imbalances, along with an increase in mortality from not just COVID, but the aftermath stemming from depression, led many to suicide in all age groups.

We recognized we needed a shift in the way we reach our community. In 2019, we expanded to the online platform and embarked on a global outreach to bring the modalities of yoga and Ayurveda through collaborative educational videos, workshops, discussions, blogs, social media, and recently a podcast streaming on 6 platforms.

The more accessible we are, the more money is saved on healthcare costs. The more money saved, the more empowered you are to invest in yourself and your family's health, livelihood, and well-being.

### What we plan to do in the coming 5 years:

- integrate V.I.B.R.A.N.T across the USA
- e-commerce of yoga and Ayurvedic accessories
- e-commerce Ayurvedic herbs, and spices from India
- Open our headquarters brick and mortar in New Orleans, LA / Holistic Healing Arts Recovery and Rehabilitation center.
- Open an Ayurvedic Kitchen (flagship) in New Orleans, LA
- integrate our course curriculum with the CDC programs for medical professionals' additional credentials, and CEU
- Research study on the effectiveness of Yoga and Ayurveda methods to prevent, and/or reduce the onset of Diabetes, Parkinson's, cardiovascular, and stress-induced chronic illness.

# MEET THE STAFF, BOARD & TEAM MEMBERS

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Christina Andrini  
CEO, Board Director, Ayurvedic Health  
Mentor, 500 Hr E-RYT, YACEP, Lead  
Educator: & Facilitator



Nehal Munshi  
Board Member: B.S. in Biomedical  
Engineering and Computer Science



Lisa Collins  
Board Member: founder, and  
principal of Collins Accounting  
Services Group, LLC.



Dr. Ruben Carter  
Chiropractor and AYT Anatomy  
Contributor



Jaklyn Keller  
Director of Grants, Content Planning,  
and Ayurvedic Health Mentor and  
Blog Contributor



Samantha Peters  
Director of Web Development



Dr. Alex Baqui  
Physician-entrepreneur, Co-founder  
& CEO @ Valhalla Healthcare



Joseph "Vegan J" Schneider  
Director of Video Editing

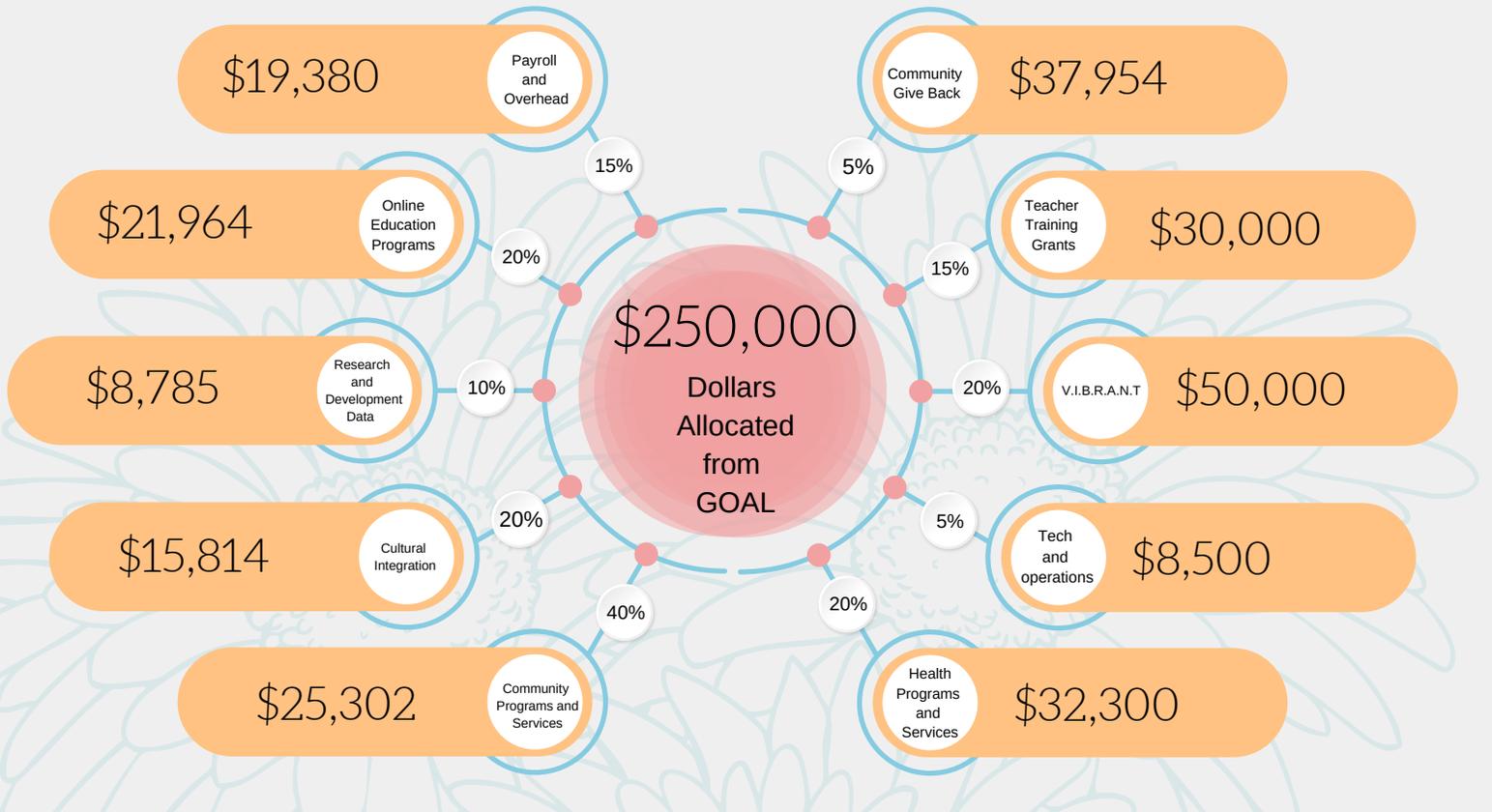


Brianna B.  
Director of Digital Creation

# WHAT WE NEED

Let's talk numbers...

In order to grow, we need to keep the operations healthy and full of life. Here are our financial goals to sustain the growth efforts of our projects, practices, and passions for our under-represented communities.



## YOUR GIFTS AT WORK

Since **2017**, we have raised over **\$303,681.93** and growing. Our goal for the coming year is:

# \$250,000

BY 2027...

**\$3.5 million**

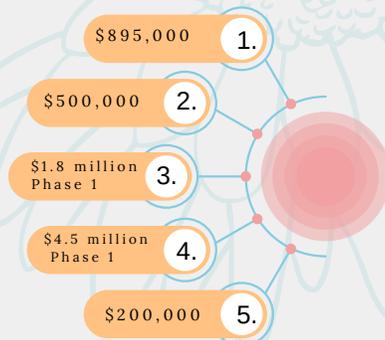
EXPENSES 2022

**\$19,596**

\*\*EXPENSES DOWN BY \$21,228



## Future Planning



1. Open our headquarters brick and mortar in New Orleans, LA / Holistic Healing Arts Recovery and Rehabilitation center.
2. Open an Ayurvedic Kitchen (flagship) in New Orleans, LA
3. integrate our course curriculum with the CDC programs for medical professionals' additional credentials, and CEU
4. Research study on the effectiveness of Yoga and Ayurveda methods to prevent, and/or reduce the onset of Diabetes, Parkinson's, cardiovascular, and stress-induced chronic illness.
5. E-Commerce expansion

# CHADD'S STORY



## IT ALL BEGAN IN 2015...

when Chadd decided it was time to take control of his life again. He shifted his attitude, *"a little thing that makes a big difference."* - Chadd Green

He relied on JBYF and Yoga as he struggled with a lot of problems from the classic time management, procrastination, and victim mentality, to reconnecting with his family, drug usage, sobriety, in and out of jail, failed relationships, and behavior issues, to name a few. Chadd began his yoga practice because he *"wanted to breathe and I wanted to grow."*

5 years sober and still dealing with hurts and hangups but *"I am finding acceptance,"* Chadd has not given up on his yoga practice. In fact, he has explored a variety of paths and yoga classes. Learning to open up and *"bring it to the mat."*

***"Yoga makes me feel strong, when I am in a warrior pose, I am like, yeah, I am a warrior."***

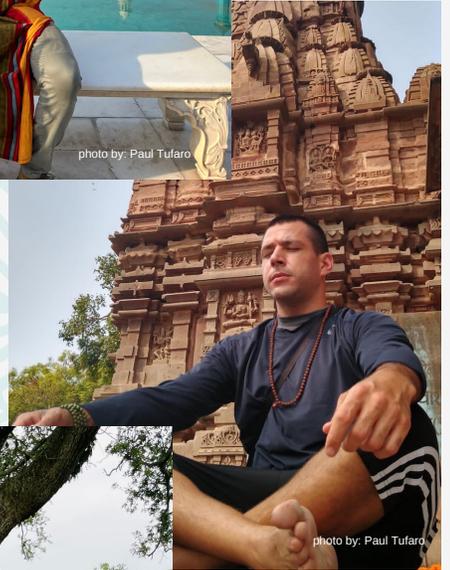
Some days are harder than others, facing fears, finding strength, and working through judgments, and for Chad, yoga *"was the reason I woke up."*

The practice has given him his own space to discover self-respect and a place to find acceptance. Being able to open up on the mat when he felt he couldn't whenever he found himself in and out of prison. *"Just making it to class was an achievement."*

In 2022, Chadd was the recipient of a 200-hour Ayurvedic Yoga Teacher Training from a generous anonymous donor. He will begin his training in 2023 and plans to share his gifts with a community of students that come from addiction, prison, and abuse, and share a story similar to his.

When presented with moments of frustrations, or mistakes, Chadd reminds us that *"I convince myself to let it go. You want to be healthy, positive, and successful."*

Chadd has been able to travel to India and Costa Rica with us in 2022 and plans to join us in Bali in 2023. Upon graduation from his teacher training, will become one of our cherished Jai Bhakti Yoga Teachers and a leader in our community.



# FINANCIAL DONORS 2017-2022



Kris & Joey Bosco  
Keith Francis  
Emerald Coast Film and Video  
Kelley Brupbacher  
Susan Sandborn  
Angela Snell  
Blake Fullmer  
Agnieszka Nance  
Jeremy Brewer  
Russell Rehm  
Rosalie Torres  
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Lindsay Kaufman  
Aletha Strong  
New Orleans Musician's Clinic  
Garden of Memories  
New Orleans Recreational Development Center  
Connected Warriors  
Bastion Community of Resilience  
Dylan Tete  
Creeya Yoga  
Ivy Perkins  
Tootie Walker  
Julia Goodgion  
Christopher Abel  
Aletha Strong  
Emilio Aleman  
Joel Williams  
Wild Lotus Yoga  
Swan River Arabi  
Jason Davey  
Nola Seva  
Lauren Gutierrez  
Brenda Bruno  
Brenda Fundeburg  
Shauna Emrie

Amy Stewart  
Barbara Fitzpatrick  
Dabney Jacobs  
Zara Zeringue  
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Caroline Kaiser  
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Laura & Phillip Claverie  
Nicole Verdan  
Sally Omeallie  
Lisa Musso  
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Michelle Bryant  
Daniel Vance  
Daniel Rees  
Stewart Juneau  
Editha Victor  
Graham Patterson  
Mercy Endeavors  
Network for Good  
Janice Krantz  
Environmental Business Specialists

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THANK YOU FOR  
BELIEVING IN US OVER  
THE YEARS

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Laura Danna  
Stephen Medina  
Dot Isacks  
Allison Daly  
Aaron Handy Jr.  
Kirsten Darbyshire  
Lauren Dellsperger  
Alison Kuemmel  
Mark Berger  
Cathy Kurz  
Allison Porter  
Brandee Lasuzzo  
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Kay and Steven Simon  
Chaunda Celentano  
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Yeah! Yoga  
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