NYC Yoga Project is a 501(c)(3) that uses the tools and teachings of yoga to transform the lives of underserved New Yorkers. We partner with nonprofits, government agencies, and community-based organizations to provide inquiry, yoga, and meditation services. Certified volunteer yoga instructors teach life skills and help students build confidence. Students get more flexible in their bodies and in their minds. We have created three branches of service: The Outreach Program, The Impact Program and The Impact Center.

NYC Yoga Project’s Outreach Program offers weekly yoga instruction to organizations supporting underserved communities. We are in 3 boroughs of NYC- Manhattan, Brooklyn and Staten Island and are making an impact on the homeless, youth, immigrant and recovery communities. Each outreach program is led by one of our certified yoga instructors. Students are led through weekly yoga sessions that include an impactful inquiry, yoga, and meditation practice. Yoga mats, blocks, and other props are provided.

We see the value in human potential and encourage students who take a keen interest in the yogic lifestyle to continue living in inquiry. We created the Impact Program to help graduates of our program start their journey into service and power. The Impact Program is a four-tier approach to transforming the lives of our students from the Outreach Program. Students with an aptitude, determination, and willingness to go deeper in their personal leadership development can apply for any level of this program.

The Impact Center is a studio that serves as a physical location where NYC Yoga Project offers donation based yoga classes and leadership training in a collective community space. The studio provides a physical location where Outreach members and the broader NYC community can integrate and work toward their common goals.
OUR NEWS!

- NYC Yoga Project received grants from The Lois and Richard Nicotra Foundation and the Richmond County Savings Foundation.
- We held our first online leadership training, 40 Days to Personal Revolution.
- Our leaders facilitated a leadership inquiry, pranayama, and meditation exercise with staff at Bank of America-Merrill Lynch.
- We provided yoga and meditation for New York State Performing Provider Systems at their annual conference.
- The NYC Yoga Project team hosted our annual retreat to connect, get organized, and plan programming for the new year.

SPOTLIGHT

“I am in an outpatient rehabilitation program at the YMCA Counseling Center on Staten Island. I am a middle-aged recovering alcoholic trying to regain my physical and mental health. I am a professional in the healthcare industry and I am feeling better, but I felt I was missing something. Alcohol left a hole in my being, my heart and my soul.

Today, I am hooked, not on drugs or alcohol, but on a much healthier practice of restoring my life and healing this emptiness that was left within me as a result of wasteful and unhappy living. The program helped to learn more about yoga, the trying out new positions and gaining strength in my core and my limbs, stretching to new lengths and teaching my mind how to quiet itself, rest, release and restore. Also I learned to care more about what I put into my body to feed and nourish it so I feel better and more alive.”

- Nancy Ozman
Outreach Program

We make yoga accessible to people who would never have access.

WHERE TOOLS BECOME LIFE SKILLS

Empowering marginalized people to use yogic tools to navigate through their personal lives. Breathe, meditation and movement, the whole body approach.

Impact Program

Tier 1: 40 Days to Personal Revolution
Designed by Baron Baptiste, students are invited to participate in a 40-day program of daily yoga, meditation, inquiry, reading, journaling, mindful eating, and personal accountability. This program allows participants to discover how they "show up" moment to moment in their lives, identify obstacles and self-limiting beliefs, and practice techniques to break through those obstacles.

This program is FREE for students of the Outreach Program and available to non-Outreach Program members by donation.

Tier 2: NYC Yoga Project – 200 hour Yoga Teacher Training
This 200-hour yoga teacher training, accredited by the Yoga Alliance, prepares students to go deeper into their personal yoga practice, develop their leadership skills, and execute vinyasa yoga in their local communities. This teacher training provides the basics in sequencing, anatomy, yogic philosophy, studio etiquettes, and more.

This program is FREE for students of the Outreach Program and available to non-Outreach Program members by donation. Work exchange discounts may be available.

Tier 3: The Mentorship Program
This program is designed for individuals who want to deepen their capacity for personal discovery and leadership. During this yearlong program, senior leaders within the yoga community individually mentor students from our 200-hour yoga teacher training. Mentors follow a 12-month curriculum involving monthly phone calls and meetings.

Prerequisites include completion of Tiers 1 and 2 of the Impact Program, completion of the online application, and formal acceptance into the program. This program is FREE for students of the Outreach Program and available to non-Outreach Program members by donation.

Tier 4: Lead From Your Edge
This program is designed for leaders who are ready to lead from the "edge" of their personal greatness and to cultivate authentic gratitude, contribution, growth, and love. Designed for leaders to transcend their own leadership to serve others, this two-year program is a pathway for students who have completed Tiers 1 through 3 of the Impact Program, to join a group of like-minded peers in transforming their communities and the world.

Prerequisites include completion of Tiers 1, 2, and 3 of the Impact Program, completion of the online application, and formal acceptance into the program.

Future Goals

- Expand Outreach Program to Bronx and Queens
- Increase funding sources and revenue stream
- Partner with Syrian, SE Asian and Bangladeshi communities
- Drive graduates, community and organizations to practice yoga at the Impact Center
- Amethyst House
- Atlas DIY
- Camelot Counseling
- Dynamite Youth Center
- Make The Road New York
- Mixteca
- Red Hook Initiative
- South Shore YMCA Counseling
- Pride Center of Staten Island
- Women in Need
- YWCA Brooklyn

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