

SHELTERED YOGA

BRINGING HOPE AND LOVE TO PEOPLE



Much more than yoga, Sheltered Yoga brings psychosocial & social emotional learning, life skills, and mindfulness education to every individual we serve.

HOW IT ALL BEGAN

I want to introduce you to Sheltered Yoga, a NJ 501(c)(3) nonprofit organization founded and run by me, Tina LeMar. We, at Sheltered Yoga, bring evidence-based, trauma-informed mental and behavioral health and wellness curriculum to shelters, alternative and at-risk/high crime public schools, transitional housing facilities, group homes, public housing, prisons, and many other needed locations. The life skills, self-esteem, and confidence building that we teach truly changes people's lives. I know this personally.



I grew up in a very nice suburb of New Jersey, had many friends and close family, and was very active at school, in clubs, and on sports teams. Every year I had to get a note from my doctor just to participate in gym class because of my significant scoliosis, which was accompanied by frequent and severe sciatic nerve pain from my lower back which sometimes caused me to collapse while walking. Despite all of this, there was nothing that would stop me from being an active and athletic teenager. I also had a lot of trouble staying still and focusing in school and was kicked out of class and punished often, which everyone wrote off as being "one of the disruptive or "bad" kids in the class." In addition, I was always scared, especially in English class, to take my turn to read out loud because all of the words on the page before me would start moving and I always felt that my brain was reading faster than my mouth could speak, so I would freeze and everyone would laugh at me, including some of my teachers. I was usually labeled as an "airhead" or "stupid" among my peers and some teachers and could never move past those labels, which caused me to sink in and out of severe depression. It wasn't until college that I was diagnosed with severe anxiety, which included panic attacks and even agoraphobia and later I was diagnosed with ADHD- my test results were off the chart!

Today, I do NOT suffer from ANY of these challenges. "Yoga, Breathing, and Meditation saved my life." It is a frequent sentence out of my mouth to all the individuals I serve who are living and suffering with very similar challenges.

At Sheltered Yoga we work with beautiful people that are living with a history of trauma, bullying, fear, literacy challenges, major behavioral problems, mental and physical disabilities, and people suffering from low self-esteem and self-worth. This all feeds into the generational oppression that is very common among the communities we serve.

The children, teens, adults, and seniors that Sheltered Yoga serve are being helped, just as I was many years ago through our curriculum lessons, yoga, and meditation. Lives are changing and we couldn't be more grateful and proud to be part of the solution.



MISSION AND VISION

Sheltered Yoga is a 501(c)(3) that facilitates mental and behavioral health and wellness through life skills, social emotional learning, yoga and mindfulness education. We serve individuals and communities by using a specialized evidence-based, trauma-informed curriculum that fosters strong self esteem, strength, confidence, tolerance and empowerment.

KEY AREAS OF FOCUS THROUGH OUR PROGRAMS

Much more than yoga, Sheltered Yoga brings psycho-social and social emotional learning, life skills, and mindfulness education to every individual we serve.

Our programs include:

SHELTERED YOGA CORE CURRICULUM® TRAINING CERTIFICATION AND TEACHING

An innovative platform, using evidence-based, trauma-informed, multi-pedagogical teaching tools with goals of raising self esteem, self worth, confidence, and hope.

WORKSHOPS AND CLASSES

Lunch-n-learns, enrichment days, wellness days, trauma-informed learning, mindfulness, meditation. We offer informative, interactive workshops that enrich lives and enhance individual and team skills.

COMMUNITY PROGRAMS

We believe in communities servicing the needs of their own communities and empowering people to help empower their neighbors. We also offer reentry programming and serve mental and/or physical illness classes

OUTREACH EVENTS

We create fun, energizing, and nurturing events. We specialize the event to best serve the community with which we are working.



WHAT THE INDIVIDUALS AND FAMILIES WE SERVE ARE SAYING...



"I am going through a lot of emotions right now and the workshop really helped." -Jill B.

"Yoga is always a positive experience. No matter how stressed you are entering class, you are always leaving feeling calm. It's like you get a fresh start and learn how to keep your stress levels at bay. Deep breathing is a great help. It can be done anytime you need help relaxing." -Marion

"I am doing yoga in my room now with my new mat." -Gianna 12 years old

"I learned about different ways to face and conquer my fears." -Tanisha

"This class benefits me because it makes me feel better about myself when I walk out than when I walked in." -Xodiel 14 yrs old

"Jilisa always pulls her mat out and makes me do yoga with her. She loves it." -Jill G., mom

FACILITIES WE CURRENTLY WORK IN

- Group Homes
- Transitional Housing
- Shelters
- Reentry Programs
- Alternative Schools
- Day Programs for mental and physical disabilities
- Rehabs and Outpatient clinics
- Mom & Me Housing

WHO WE WORK WITH

- Children
- Adults
- Seniors
- Veterans
- Pregnant Mothers
- Teens
- Families

STATS

5,700

*Individuals we serve
per year*

100%

*Living in some level of
poverty*

100%

*Of our locations are
ongoing, year-long
programming*

100%

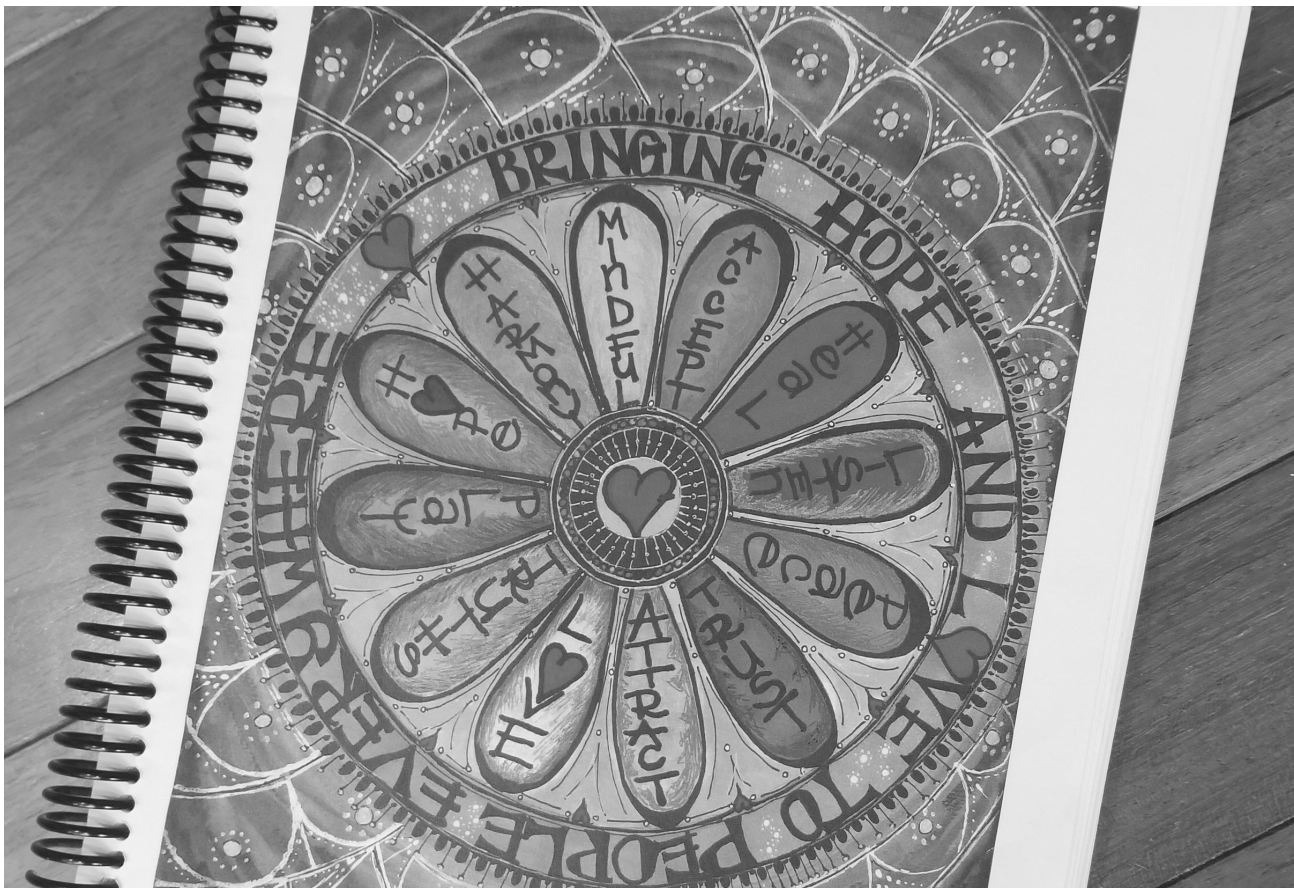
*Of our teachers are
Certified in Sheltered
Yoga Curriculum*

OUR CURRICULUM

The curriculum is extremely unique as it incorporates many mindfulness techniques, life skills and social emotional activities through group and individual learning techniques by using Howard Gardner's Multiple Intelligence and an interdisciplinary approach to teaching. It then connects the psychology behind yoga postures to the mental health or life skill tool that is being taught. The lesson ends with a Cognitive Behavioral Therapy approach to relaxation that reformats negative core beliefs while reinforcing the tool learned in that lesson. The specific triad of teaching tools that SY uses in all of our lessons is extremely innovative and is not being done anywhere.

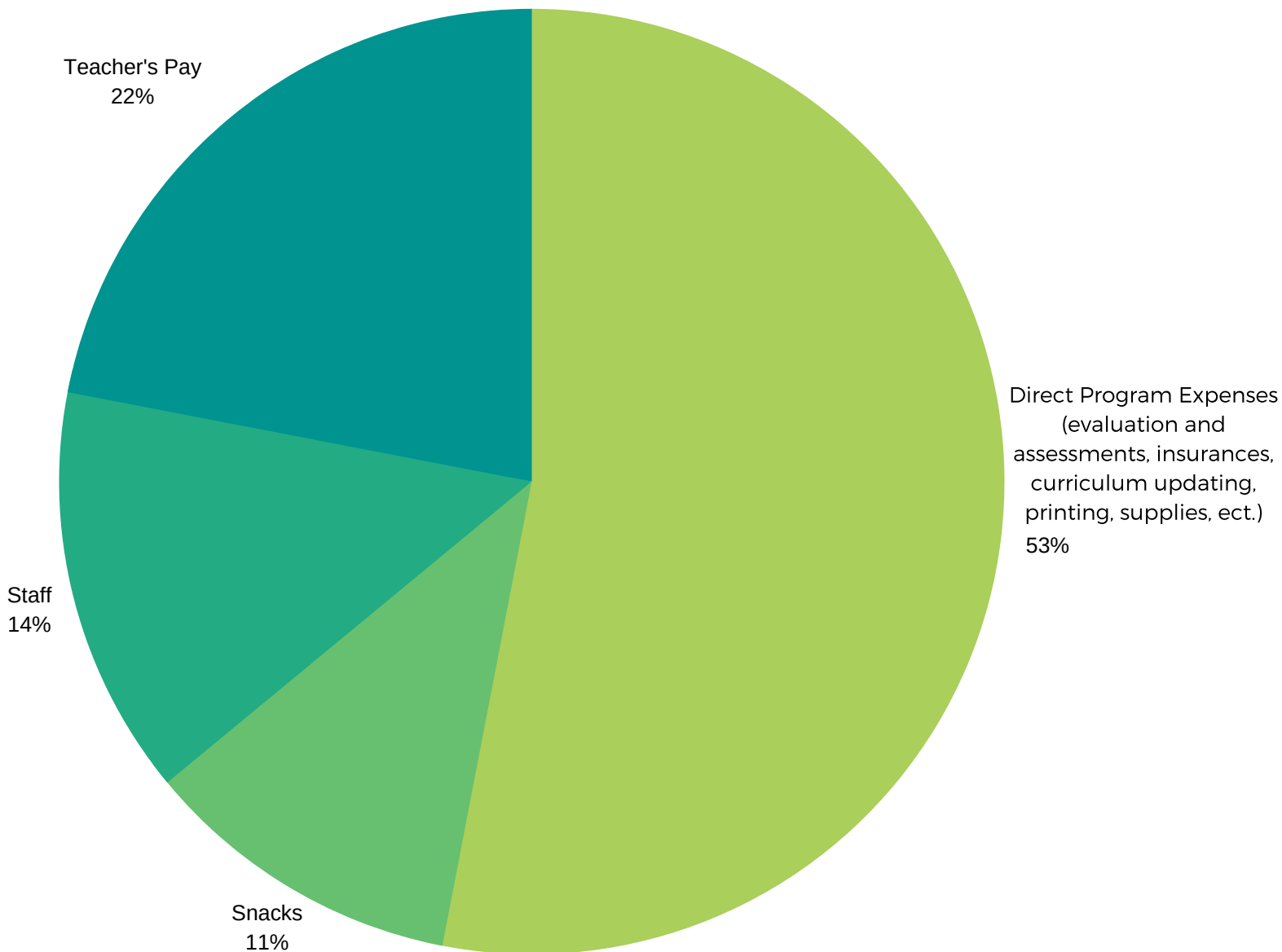
Sheltered Yoga's Core Curriculum© is made up of twelve mindfulness based unit plans (for example: awareness, self care, nonjudgement/acceptance, love, happiness, interconnectedness, etc.). Each unit plan teaches a mental and/or behavioral health tool that helps build self awareness. Every class incorporates three sections; a lesson plan that includes an exercise, activity, or discussion and journaling. Next comes yoga postures (usually 6-10 postures) that directly connect to the psychology behind the lesson (for example: balancing postures engaging the sympathetic nervous system's fight or flight response), and lastly, a cognitive behavioral approach to relaxation that allows the individual to use meditation techniques to help reinforce the tool being taught that lesson (for example: a positive self talk mantra).

We use a Likert Scale and additional questions to make up our pre and post, qualitative and quantitative evaluation form that are filled out by all the individuals we serve on a regular basis. We have a local university analyze the evaluations and produce statistical outcomes that enable us to maintain our evidence-based status. Our outcomes are exceptional!



WHERE DOES YOUR MONEY GO?

Program expense breakdown



OUR FOUNDER

Tina LeMar has been practicing and teaching yoga since 1993. Her credentials include two Master's degrees; an MA in Education and an MBA in Business Administration, as well as extensive graduate level classes in Family and Systems Psychology. Sheltered Yoga has been recognized as an effective and innovative approach to rebuilding self-esteem, self-worth, and self-compassion for the communities and individuals it serves. In the news links;

SHELTERED YOGA IN THE NEWS-PROVEN RESULTS

PEER REVIEW OF SHELTERED YOGA CORE CURRICULUM©

<https://vimeo.com/177569170>

"This was an amazing program and the kids were attentive and involved. The manner of communication with them really played to them and to what they understood." -Carol M.

"You did something that is so very important in the lessons you allowed the children to process and reflect on what they've done." -Carol M.

"This is such a well constructed curriculum." -Carol M.

TRENTON 365 RADIO ONE HOUR INTERVIEW

<https://soundcloud.com/trenton365/tina-lemar-of-sheltered-yoga>

BENFM - WOMAN OF THE WEEK

<http://957benfm.com/episodes/tina-le-mar-sheltered-yoga/>

OUTCAST WITH AMITA MEHTA

<https://drive.google.com/file/d/1HSrZ6pyoulggdQntPVpk5G1FAvc8zJIP/view>

CURRICULUM TESTIMONIALS



Tina's training helped me understand how breathing techniques, postures and meditation are the foundation of a yoga practice. Going through the teacher training allowed me to challenge myself mentally, physically and spiritually and realize that they are all connected. After completing my full yoga teacher training I began my certification as a Sheltered Yoga Curriculum Teacher

The Sheltered Yoga curriculum helps the students grow mentally and physically, helping them integrate what they learn into better life choices and a healthier lifestyle. The curriculum offers the students a safe place to explore their thoughts, grow their confidence & hope, and challenge their body and mind with postures and relaxation techniques..

-Tina I. (Certified Yoga Instructor & Sheltered Yoga Curriculum Teacher).



"Learning the Sheltered Yoga curriculum has given me a new understanding of trauma, how it can be triggered, and how it is expressed. The care and attention that has gone into the lessons is impressive. Tina does an excellent job of connecting the lessons to different learning styles. Also, it is a curriculum that is engaging for both children and adults and can be taught in a variety of settings, including a classroom, workplace, or as part of a community program. Whether working with groups or individuals, I highly recommend this program."

-Meredith R. (Certified SY Curriculum Teacher)

"The Sheltered Yoga curriculum is very inspiring. It is presented in a real life presentation that any age can understand. Tina gives examples and then offers suggestions until the youth can relate or grasp what is being explained. Participants are able to learn about ways their brain works, how breathing affects their bodies, memory and interpretation along with a variety of social behaviors and reactions. It is really amazing to sit in a room full of teens who have experienced trauma and see the connections made and the desire to learn more. Sheltered Yoga is a unique and successful curriculum that embraces all ages."

-Stacy Santiago, (Associate Vice President, Center for Family Services, NJ)

CONTACT US TODAY

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