



NAME AND ADDRESS: Yoga for Wellness Tanzania (YWT)

WEBSITE : <http://yogaforwellnesstz.org/>

YEAR ESTABLISHED/STARTED: 2015

Yoga for Wellness Tanzania Background

Yoga for Wellness Tanzania was born last year with the mission to introduce through training and development/education (teacher training programs), the awareness of the benefits to be derived from the practice of holistic care, yoga principles and methods in terms of well-being and healthy living. Thus impacting not only our students or participants, but also their communities, and our society.

What We Have Done:

We have completed our first pilot project. With our first teacher training program our graduates are now spreading the knowledge of love of yoga, providing information to communities on wellbeing through yoga, health benefits and subsequent reduction in medical costs.

Two of our graduates are now teaching recovering women with Fistula and are focusing on helping women within their communities who are under privileged. These graduates have found their calling and are spreading their wings with yoga.

Yoga for Wellness Tanzania ongoing training and development programmes have been developed to ensure we have readily available members, workshops and sessions that make a true impact through connection, empathy and understanding with people.

You will be a part of the Yoga for Wellness Tanzania community and a part of a ground breaking upheaval of healing through community integration and peace for the underprivileged within Tanzania (urban and regional)

A little more about us:

Yoga for Wellness Tanzania first teacher training program:

Graduates from our first teacher training program who had the opportunity to participate on stage in Dar-es-Salaam Tanzania during the International Day of Yoga 2016.



Fistula girls taking on the community project:

Teacher training graduates have completed their community service and are now certified yoga instructors who are teaching within the community other women with fistula, family and friends





KEY ACHIEVEMENTS:

The achievements so far are to provide the following:

1. Skilled training/education: with regular teacher training courses, seminars and workshops from people around the world and within Tanzania who can provide knowledge and skills to Tanzanians in the field of yoga. The first teachers' training took place 1st May – 15th June 2016 with 7 Tanzanian trainees completing the course.
2. Internship/employment: to complete their hours of practical yoga training for certification, YWT will give them internship opportunities and thereafter employment options. The trainees provide services in the Ocean road Cancer Institute, 5 different Sober Homes in Bagamoyo, Kigamboni, Women's Yoga Upanga, Yoga at the National Museum, Muhimbili Pediatrics Oncology, London Health Clinic, Yoga at the Temple in Town, Upanga and Town Jamat Khane (Mosque). Participating on the cancer walk 1.October 2016. Movement for Fitness, September and October session, International Day of Coastal cleanup together with Nipe Fagio, teaching at Jamat Khane
3. Spreading the Knowledge: being able to constantly hold training programs, have employment opportunities and spreading the knowledge of healthy living through yoga

To make sure that opportunities set forth are equal to all Tanzanians and are not based on gender, creed, religion etc. Making sure that gender equality is achieved.

LINKS:

YWT on Youtube: <https://www.youtube.com/watch?v=klBoKdG6cjY&t=4s>

Support YWT on Indiegogo: <https://www.indiegogo.com/projects/yoga-for-wellness-tanzania-education-health/x/15581426#/>



Yoga for Wellness (YWT) Project List

Title: *Mabinti Center*

The Mabinti Centre ('mabinti' = 'girls' in Swahili) trains young women recovering from fistula surgery in screen-printing, sewing, beading and crochet. During a 12 month course the trainees develop the knowledge and skills they need to establish an income and become financially independent.

Date: January 2016 to July 2016

Description: Yoga for Wellness Tanzania develops the girls skills further by giving them training in Yoga that is internationally accredited and establishing another platform to become financially secure and independent. The skills also enable the girls to understand the need for healthy living and wellbeing. This knowledge gives them a healthier lifestyle which is transferred to their families and children.

Title: *Wonder Workshop*

Wonder Workshop employs 30 women and men living with a disability. They use waste materials to create recycled art, sun-dried paper, wooden toys, soaps and glassware.

Date: August 2016 to February 2017

Description: YWT weekly yoga sessions for the employees at Wonder Workshop. The sessions are mainly geared and enhancing fine motor and gross motor skills while keeping the physical challenges in mind. Also, providing them with breathing techniques and meditation for relaxation and connection to the mind, body, and spirit.

Title: *Ocean Road Cancer Institute*

Date: September 2016 to February 2017

Description: YWT providing caregivers yoga session weekly to

Title: *We Are TLM - Caring for children with cancer in Tanzania*

Description: Yoga for Wellness Tanzania has regular yoga session at the Muhimbili National Hospital oncology pediatrics department. Through the Yoga teacher training program care givers have the opportunity to develop alternative care programs for the children (oncology and orthopedic ward). Opportunity for skill development for care givers and a deeper understanding of wellbeing through nutrition and the understanding of the body.

Title: *Sober Homes – South Beach and Bagamoyo*

Date: August 2016 to Ongoing



Description: Weekly Yoga session held for patients at the Sober homes within the regions of Tanzania. Yoga sessions are held to develop strength, courage, self-confidence, mental focus and agility.

Title: *Latham School – Bahari Beach*

Date: December 2016 – ongoing

Description: Yoga for children between the ages of 6 to 11. Providing them with weekly yoga and storytelling session for 40 minutes.

Community Centre Yoga sessions that are open for all.

Shia Ismaili Mosque (Jamat Khane)

Shree Sanatan Dharam Sabha Temple

Women Yoga - Sunni Bohra Community Hall

National Museum – Youth Yoga and regular workshops

London Health Centre – Yoga session open for all

Yoga for Wellness Budget

Projected Expenses	USD	Tanzanian Shillings
Programmatic Activities		
<i>Yoga Teacher Training Program (1 training Per Year)</i>	9000	19,800,000
<i>Regional Workshops (2 workshops Per Year)</i>	5500	12,100,000
Overhead		0
Program Administration	7300	16,060,000
Training Materials	1500	3,300,000
Marketing	2300	5,060,000
Other		
Lobbying activities		
<i>List other expenses</i>		
Total Projected Expenses	25600	56320000
Local Travel: Within Dar-es-Salaam, Regular ongoing activities		



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