

The Give Back Yoga Foundation  
P.O. Box 11470  
Takoma Park, MD 20913  
info@givebackyogafoundation.org  
www.givebackyogafoundation.org



**The Give Back Yoga Foundation is interested in funding projects that:**

- Directly benefit underserved socio-economic groups of individuals who might not otherwise have the opportunity to experience the transformational potential and health giving benefits of yoga, in all its aspects--from asana to stress reduction through breath-work, to meditation, to general service to others.
- Have the potential to inspire and motivate the entire community towards greater awareness and compassion, for not only other individuals but for the planet as a whole.
- Occur in the broader community where the applicant resides.
- Have the potential to continue beyond the grant period.
- Bring greater understanding of the practice of yoga to all involved.

**Guidelines:**

Applicants must submit a completed application with proposed budget attached. Our Board of Directors will review applications four times per year and will provide notice of approval/denial within two calendar months following review. You may submit applications at any time of the year for consideration.

The results of your project with photographs and a write-up documenting your work must be forwarded to us for presentation on our website within one year of approval.

Your grant application will be judged in the following areas:

1. Creativity
2. Originality
3. Impact
4. Purpose/Goals
5. Sustainability in terms of continuing on
6. Budget

\*Typically, the Give Back Yoga Foundation will not approve grants that:

- Are made by any individual or group without teaching experience.
- Request funding for a project that has already been completed.
- Do not benefit underserved communities in the general area where the applicant resides.
- Seek payment for a job or educational requirement.

\*These are general guidelines. If there are extenuating circumstances, the Board has the authority to distribute funds by majority vote.

Select any of the following forms to print out. The forms are in Adobe (PDF) format. The forms open in a separate window. Select File and then Print at the top of the window. Fill out the form in its entirety and mail it to:

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