

Inner Power Yoga® Seva Project Proposal



1. R.R. Shakti at Strongheart Fellowship in Liberia, West Africa.
2. Practicing yoga with Lakota Sioux Women on Pine Ridge Reservation.
3. Dhyana and Shareshten offer yoga for kids at the Halo Youth Project, Denver.

Institute for Inner Power Yoga®

Seva Project Proposal

Sevananda- (SĀVĀH-NĀNDĀ) n. 1. The joy of selfless service.

In Yoga Philosophy, the word SEVA is used to mean: selfless service, work that is performed for the benefit of others without attachment to the outcome. Seva is the cornerstone of Inner Power Yoga®

The Institute for Inner Power Yoga® is the grandchild of Yoga Worldreach, founded by R.R. Shakti in 2006. Beginning as a 501c3 and reestablished as a social business in 2010, Yoga Worldreach offered yoga empowerment programs for survivors of trauma and people with special needs. Seva efforts included Heart Back to India, Halo Youth Yoga, Yoga Bridge to Africa with the Strongheart Fellowship, Coming hOMe for women survivors of trauma, Yoga for the Center for People with Disabilities, and the Shaw Regional Cancer Center...and more.

The Institute for Inner Power Yoga® seeks to continue this work by incorporating seva into our 200-hour yoga education program.

STFs are required to present a seva project proposal for peer review. We inspire and empower one another to implement a sustainable action plan for offering yoga as seva within our local and global communities.

Project Title: _____

Objective

What is the overarching objective for your program?

Who does this program serve?

Impact

In what ways will this project benefit the community?

In what ways will it benefit you as a leader?

Goals

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Staff/Volunteers

How many hours per week can you personally devote to the project? _____

What is the total number of staff members/volunteers you need to complete the project? _____

Financial Projections

Please itemize projected expenses below (include all reimbursement and compensation):

Dollar Amount	Date	Description of use
\$ _____	_____	_____
\$ _____	_____	_____
\$ _____	_____	_____
\$ _____	_____	_____
\$ _____	_____	_____
\$ _____	_____	_____
\$ _____	_____	_____
TOTAL : _____		

How might these funds be recovered? Please outline your fundraising strategy.

Notes:

What other comments do you have about this project?:

Progress Report:

(to be completed after peer review):
