



**NIROGA™**

*Fostering Health and Well Being Through Yoga*

**Who we are:** Niroga Institute is a 501(c)(3) non-profit Center for Integral Health dedicated to providing affordable, high-quality Yoga instruction and Yoga therapy to at-risk and underserved individuals and families through outreach, education, and research.

**What we do:** We bring Yoga, breathwork, and meditation to those who need it most – vulnerable youth who are homeless, delinquent, or incarcerated, as well as cancer patients, seniors, people in rehab and recovery, and others. Our Yoga Corps™, a team of 50 talented Yoga teachers, are specifically selected, trained, and placed with partners, reaching out to five hundred people a week.

Program Example: Alameda County Juvenile Justice Center (ACJJC) program, jointly funded by Alameda County's Probation Department and Health Care Services Agency (HCSA), providing ongoing Integral Development classes 5 days a week for youth in B2 Unit, and once a week for staff. Evaluation of the first quarter's results, using two psychometric scales, PSS10 (Perceived Stress Scale) and IHS30 (Integral Health Scale) indicates a **statistically significant decline in stress and increase in self-control**. One participating youth said, "I learned a lot from it – whenever I get mad, just start breathing; and I actually like Yoga!" The program has received glowing endorsements from probation and mental health staff.

**Why it matters:** Our Integral Health and Development programs provide life skills for self-transformation, helping youth make healthy life choices, impacting their education, general health, and development. The potential impact of our programs on community crime and violence is substantial, with demonstrable benefits of anger management and stress resilience. Academic potential of youth is enhanced with improved focus and concentration, teaching them *how* to learn, complementing and becoming a powerful enabler of traditional academics. Additionally, there is a social justice component to our programs, given the disproportionate representation of minorities in at-risk populations generally, and specifically in delinquent and incarcerated youth.

**How we do it:** We are striving for a scalable and sustainable model for program delivery. Our program partners are expected to pay a fee-for-service, and we are also trying to forge strong public-private partnerships. Based on the results of our program at ACJJC, there is keen interest in expanding our program to their Girls' Unit. Alameda County Health Care Services Agency (HCSA) has offered to **match up to \$15,000** of support that we are able to generate from private sources, as part of a commitment to develop new and expanded treatment services for youth in detention.

**Testimonial:** "I am highly impressed with Niroga's work, and their ability to bring the practice of integrative physical arts to marginalized communities. Niroga is quickly developing an unprecedented track record in bringing Yoga to young people who have never been exposed to Yoga." *Alex Briscoe, Assistant Director, Alameda County HCSA*

**Founder:** Bidyut (BK) Bose learned Yoga from his father, beginning as a child, and then with monks in the Himalayas, and has been teaching Yoga for over 35 years. A long-time student of Indian Philosophy and world religions, he earned his Ph.D. in Computer Science from U.C. Berkeley and spent years working in Silicon Valley in research and development. His research interests have now shifted to the scientific application of Healing Yoga for special populations and common chronic conditions.

3101 Arizona Street, Oakland, CA 94602  
(510) 336-7060 ☯ info@niroga.org ☯ www.niroga.org