



**Impact
Report
2012 - 2020**

Mission

108 Monkeys is a movement of yoga service leaders who connect people and promote a culture of justice and peace, through yoga.

Vision

To change what people mean when they say “I practice yoga” to “I practice justice.”

Why 108?

Across many traditions, religions and cultures, the number 108 represents wholeness. There are 108 beads on a mala, 108 beads on a rosary, 108 sounds in the Sanskrit alphabet, Stonehenge is 108 feet in diameter, the diameter of the sun is 108 times the diameter of the Earth and there are 108 stitches on a baseball. The number 1 can represent the individual; the number 0 can represent the community; and 8 can represent infinity.



From Our Founder

One yoga class is all it takes to realize that the inexplicable power of yoga is only matched in mystery by its simplicity. For those of us moved, immediately, by this practice there is a common inspiration to share it. While for some this manifests as teaching, that is not the only role passionate yogis can play in expanding access to yoga. For this reason, in January of 2012 I founded 108 Monkeys as a nonprofit yoga service organization with the mission of connecting people and promoting a culture of justice and peace, through yoga.

108 Monkeys has provided over 900 hours of training in trauma-informed yoga. In 2019 we reached the milestone of 1,008 unique Street Bodhis, our volunteers, trainees, and supporters. Annually, we reach over 1,800 adults, youth and children through our outreach programs, free yoga classes and mindfulness events.

And counting. We will continue to offer training programs based on the latest science on the impact of yoga and mindfulness, with a trauma informed lens and honoring developmentally appropriate practice when working with children and youth. We will continue to bring yoga into community settings.

We are also excited to expand our work in the coming phase to include innovative ways of engaging not only with yoga but with one another. Because yoga is evolution; yoga service is revolution.

Thank you for Being 1 of 108,

Peg

Peg Oliveira, PhDE-RYT 500, YACEP

LEARNING Yoga: Training & Education

Practice Justice: Yoga Service Intensive Learn trauma informed ways to bring yoga and mindfulness based experiences into the community.

Bodhi Seeds Learn to teach developmentally appropriate and playful yoga to young children, 3 - 9 years old.

108 Youth Learn how to teach yoga to youth, age 9 - 18, including not only the practicalities involved with teaching youth in unusual spaces like schools and after school settings, but also skills to bring the reluctant teen around to the blessings of yoga.

Trauma Informed Yoga Teacher Training: The 1+0+8 Model Learn the art of teaching yoga to individuals with a trauma history, and the science of the impact of trauma on the brain and body and the role of yoga and mindfulness as a healing tool, for others and for yourself.

200 Hour Yoga Service Teacher Training Approved as a Yoga Alliance Registered Yoga School, this training was among the first to successfully prepare trainees to teach alignment-based yoga in studios as well as trauma informed yoga and mindfulness in community outreach settings.

The 108 model of trauma-informed yoga emphasizes embodiment, safety, belonging, choice and resilience through mindfulness and movement practices.

"There's a big difference between studio yoga and outreach yoga. That was a big takeaway. I didn't have a lot of experience with trauma-informed yoga practice. The way that [108 Monkeys] designed the Youth yoga curriculum in particular really demystified it for beginner teachers... It strips away the stuff you don't need." - Leslie, Educator

900+

Hours of Training

1,008+

Street Bodhis-in-Training

108 has partnered with these leaders in the yoga service community to ensure best practice in the field.



DOING YOGA

Outreach and Implementation

Practicing Yoga.
Practicing Justice.

Chapter 11

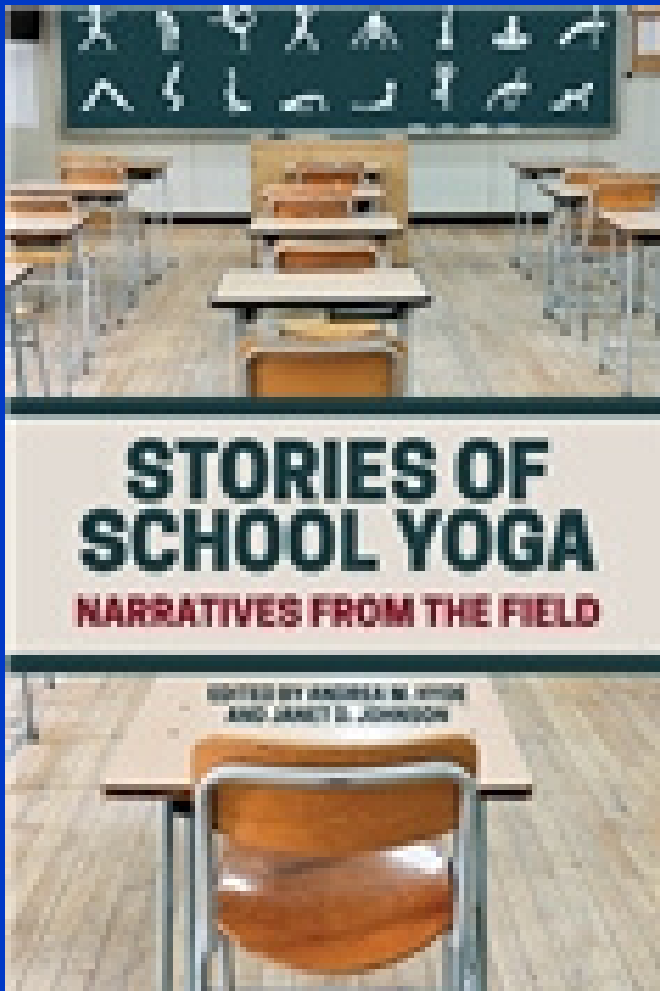
by

Peg Oliveira

National Kids Yoga

Conference

Authors Panel 2020



Street Bodhis-in-Training

After graduating from our training programs, our trainees begin the process of engagement by designing and implementing sustainable, site-specific yoga programs in schools, child care centers, mental health clinics, drop-in homeless support services, and other institutions. 108 supports their work through mentoring sessions, site visits, and follow-up.

108 Monkeys has focused resources and designed large scale implementation projects at [New Haven Academy High School](#), [Asian Studies Academy Middle School](#), [YMCA of New Haven](#), [YWCA of Hartford](#), [Cold Spring School](#), [Connecticut Mental Health Center](#) and [Clifford Beers Mental Health Clinic](#). Additionally, 108 has trained individuals for dispatch to partner sites to offer yoga or mindfulness sessions for staff, students or clients. Under this model, 108 has provided free or low-cost yoga at multiple community nonprofits, including ongoing relationships with [Integrated Refugee Immigrant Services](#), [Music Haven](#) and [Solar Youth](#).

BEING Yoga: **Strengthening Community & Practicing Justice**

108 Monkeys is committed to raising the bar on yoga service. The next phase in 108 Monkeys' evolution will be to harness the passion and expertise of the individuals we nourish through our Learning Yoga and Doing Yoga projects, and support them in BEING yoga service leaders in their own communities. Ultimately, "I practice yoga" becomes "I practice justice."

*"Having the 108 Monkeys perspective helped me to reconcile the political person I am with my yoga practice - seeing that they're not separate things."
Melissa, Early Childhood Educator*

The 108 Model: Proof of Concept

”I think something that is really powerful about 108 is that it’s not delivering one set program. Whatever we do needs to be aligned with who is in the space and what their needs are. You have to be flexible with your teaching and to be aware of yourself and your impact as an individual and a facilitator of this practice.”- Laura, 108 Monkeys Board President

Walking our talk is at the core of the 108 way. In order to be able to teach yoga service practitioners we had to do our best to zero in on what works; and importantly step away from what might be historical and beloved ritual in the yoga world, but doesn't work.

In our earliest years we used rigorous methodology, observed, measured, refined and redefined our programs, curriculum and even our volunteer engagement process to untangle best practices and codify protocol.

We held difficult conversations with stakeholders and investigated problems of practice, like parents in schools unsure of yoga and its spiritual connotations. Or limitations in mobility for individuals in an outpatient clinics.

We broke from dogma.

We evolved.

Boys & Girls Club of New Haven 2012-2013



The Site: The gymnasium of an after-school youth outreach program in New Haven.

The Participants: Staff, including leadership as well as youth workers, participated in yoga training and practice. Two groups of youth, split by gender, practiced yoga weekly

The Task: Offer staff yoga as well as staff training in mindfulness and yoga with youth. Provide weekly yoga classes to boys and girls participating in the after school program.

The Intervention: Staff participated in a weekend youth yoga training and then were offered free weekly yoga at a local studio, and 2 staff yoga classes on site taught by 108 Monkey's volunteers. Youth participated in weekly yoga for 6 weeks.

Results

- Multiple staff reported continuing some form of yoga and mindfulness well beyond the training
- Youth reported an interest in continuing the yoga program for another session.

Solar Youth 2012-2013



The Site: A youth after-school program with a focus on environmental stewardship.

The Participants: Staff and students

The Task: Offer yoga to staff members; train staff members in youth yoga.

The Intervention: Volunteers provided yoga to staff. Volunteers supported staff in creating a mindfulness curriculum to be used, ongoing, with youth.

Results

- Staff continue to request yoga, when 108 volunteers are available.
- Solar Youth staff sustain incorporation of mindfulness and yoga into programming in a manner that works for their unique curriculum.

CT Mental Health Center 2013-2014



The Site: Inpatient clinic and treatment center for over 5,000 clients with severe mental illness.

The Participants: Ten clinicians, including nurses, occupational therapists, and social workers, and their clients.

The Task: Design and implement yoga and mindfulness based programs for staff and clients in out- and inpatient care. Educate on and address the existence of vicarious trauma in clinicians.

The Intervention: Staff received a weekend of training in trauma-informed yoga and mindfulness. Trainees integrated movement and mindfulness into their program offerings while receiving mentorship from 108 Monkeys staff. One staff member chose to lead two sessions of chair yoga: one for staff during their lunch hour, and one for patients in the acute inpatient ward.

Results



- Two weekly inpatient yoga classes: clients who participated in yoga and mindfulness sessions reporting an increased sense of accomplishment.
- Weekly drop-in staff yoga continued after the program's conclusion.

New Haven Academy High School 2013-2015



NEW HAVEN PUBLIC SCHOOLS

The Site: New Haven public high school gymnasium

The Participants: 91 ninth grade students

The Task: Introduce all freshmen students to yoga with the goal of: adoption of wellness practices, increasing academic achievement, improving attendance, reducing behavior referrals.

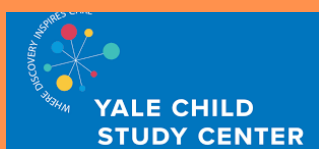
The Intervention: Three 75-minute vinyasa flow yoga classes per week for the entirety of the fall semester, taught by certified yoga teachers and assisted by community volunteers.

Results



- Reduced levels of cortisol, a stress hormone
- 66% of participants reported they would like to take yoga again
- 21% reduction in impulse control-related discipline referrals
- 40% reduction in severe discipline referrals
- 48% reduction in classes missed per week

Evaluations in partnership with



Clifford Beers Clinic 2013-2015



The Site: An outpatient children’s mental health services organization that offers holistic clinical care, integrated services (including home visits), screening, and professional development.

The Participants: Three clinicians, two family advocates, one manager, and their clients.

The Task: Offering trauma-informed yoga, movement, and mindfulness as another tool in mental health workers’ already robust toolkits for helping families heal. Educate on and address the existence of vicarious trauma in clinicians.

The Intervention: Six staff completed a weekend of training in trauma-informed yoga. Trainees integrated movement into their programs, including a support group for parents affected by domestic and/or sexual abuse, a home visiting program, and clinical outpatient care. Throughout the implementation process, Clifford Beers staff received weekly yoga classes and mentorship from staff.

Results

Administrators reported that 108 training and mentorship helped “rejuvenate” staff who were feeling particularly “beat up” by their work, and that the practices were particularly effective for early childhood programming.

New Haven YMCA Child Care 2014

The Site: Child care program for 2 to 5 year olds.

The Participants: Early childhood educators

The Task: Train early childhood educators to offer mindfulness and yoga as part of the day to preschool children

The Intervention: All early childhood educators were trained during a one day workshop in developmentally appropriate yoga and mindfulness practices for preschoolers. Trained teachers met with 108 Monkeys weekly to plan the next week's yoga program and trouble shoot. Trained teachers also practiced yoga with 108 Monkeys volunteers weekly.

Results



- Early childhood educators successfully implemented yoga and mindfulness into classrooms
- Preschoolers practiced yoga 2-3 times per week for one year

Asian Studies Academy Middle School 2014-2015



The Site: Hartford public middle school auditorium

The Participants: 7th and 8th grade students. 30 participated in enrichment yoga classes; 80 participated in home room mindfulness

The Task: Introduce yoga to students at risk for academic failure and currently participating in the schools "intervention program" with the goal of: adoption of wellness practices, increasing academic achievement, improving attendance, reducing behavior referrals.

The Intervention: Two 45 minute yoga classes, daily, for two sets of students. Daily homeroom mindfulness practice, for 7 minutes, facilitated by homeroom teachers.

Results



- Increased MAP (standardized test) scores
- Increased time spent on the test, suggesting improved perseverance even if uncomfortable

Fair Haven Middle School 2014-2015



NEW HAVEN PUBLIC SCHOOLS

The Site: New Haven public middle school classrooms and gym

The Participants: 4th and 5th grade students

The Task: Train 4th and 5th grade classroom teachers to implement mindfulness and yoga into the school day in the classroom.

The Intervention: 7-10 minutes of mindfulness and yoga during homeroom, daily

Results



- Six New Haven public elementary school teachers were trained
- Six 4th and 5th grade classrooms successfully included mindfulness and yoga into their homeroom protocols for one year.

Pathways High School 2014 - 2019



The Site: Hartford public magnet high school gym class

The Participants: 200 and counting

The Task: Train physical education teachers to offer yoga for credit, kicking off with 108 Monkeys staff and volunteers as teachers and PE teachers soon taking over leadership

The Intervention: Three 1-hour vinyasa flow yoga classes per week for the entirety of the semester, taught by PE teachers.

Results

- PE teachers succeeded in creating an ongoing yoga program, for PE credit, to all high school students
- Even after PE teacher turnover, a new PE teacher was trained and Pathways has been able to continue to offer yoga for PE credit.

Cold Spring School 2015-2019

Cold Spring
School

The Site: An independent elementary school, pre-k through 6th grade.

The Participants: Faculty, students and families.

The Task: Train interested faculty, including the PE teacher, in developmentally appropriate yoga and mindfulness to be used in the classroom and incorporated into school culture.

The Intervention: Teachers attended a weekend youth yoga training. 108 Monkeys provided professional development on site to faculty as well. 108 volunteers worked with school leadership to implement a weekly all school (including families) breathing routine to open school wide meetings. 108 worked with a 2nd/3rd grade teacher to implement daily mindfulness in the classroom. 108 volunteers supported the Spanish teacher in the creation and implementation of a Spanish sea-creature themed yoga routine, to accompany the 2nd/3rd grade thematic study.

Results

- All classroom teachers successfully implemented some mindfulness or breathing exercises into their routine.
- Cold Spring continues to use the breathing routine weekly at school meetings
- A 2/3 teacher continues to incorporate mindfulness into her daily routine

Hartford YWCA Child Care 2016

The Site: Child care program for 2 to 5 year olds.

The Participants: Early childhood educators

The Task: Train early childhood educators to offer mindfulness and yoga as part of the day to preschool children

The Intervention: All early childhood educators were trained during a one day workshop in developmentally appropriate yoga and mindfulness practices for preschoolers. 108 Monkeys returned to model, weekly, for one month.

Results



- 15 early childhood educators successfully implemented yoga and mindfulness into classrooms
- Preschoolers practiced yoga 2-3 times per week for one year

Amistad High School 2017



The Site: A public Achievement First high school classroom.

The Participants: Senior female students choosing to take yoga as an intensive credit recovery for failed physical education credits needed to graduate.

The Task: Graduate! Ensure successful completion of a yoga curriculum for PE credit to allow for graduation. Additionally, introduce students to yoga and the potential for yoga teaching in the future.

The Intervention: Volunteers staffed this program, at no cost to the school. Volunteers provided yoga, in a school hallway, three times per week for 2 months at the close of the spring semester.

Results

Participants completed the yoga curriculum allowing for attainment of PE credit.

Music Haven 2019



The Site: An after-school music outreach program.

The Participants: Young children in the music program.

The Task: Offering developmentally appropriate yoga for young children delivered at no cost to the program entirely by volunteers.

The Intervention: Two trained outreach yoga teachers volunteered once per week for 6 months, providing yoga for young children on site for 30 minutes.

Results

- Participation increased over the course of the program.
- Leadership requests continued programming for young children and a class for older children when volunteers are available to provide services.



Founders

Peg Oliveira, PhD

Jennifer Vickery, JD

Camille Brown Koff, MD

Courtney Bauer

Amy Sudmyer

Staff

Peg Oliveira, PhD

Executive Director

2012 - present

Jennifer Vickery, JD

Chief Operation Officer

2012-2014

Anju Mathew, MBA

Operations Coordinator

2018 - present

Elizabeth Lowe

Program Coordinator

2019 - present

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Camille Brown Koff
Courtney Bauer
Amy Sudmyer**

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**Peg Oliveira
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Lina Paredes
Alison Thurber
Nancy Close
Shel Swanson**

2014

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Katherine D'Urso
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Nancy Close
Lauren Seder
Sarah Carroll
Frank Appah**

2015

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2016

**Camille Brown Koff
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Nancy Close
Lauren Seder**

2017

**Camille Brown Koff
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Katherine D'Urso
Joshua Sloat
Nancy Close
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2018

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Nancy Close
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Saumya Kumar
Tami Reilly**

2020

**Peg Oliveira
Laura Sheinkopf
Xan McKnight
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Lillee Chandra
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Lauren Seder

108 Youth

Peg Oliveira
Laura Sheinkopf

Bodhi Seeds

Peg Oliveira

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Connecticut Association for the Education of Young Children
Connecticut Mental Health Center
Danbury Extended Learning Program
CT Department of Children and Families
Dominate the Day Foundation
Enfield Early Childhood Collaborative
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Fair Haven Family Stroll
Hamden Partnership for Early Childhood
Housatonic Community College Early Childhood Laboratory School
Integrated Refugee & Immigrant Services
Killingly Early Childhood Collaborative
Liberty Community Services
Music Haven
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New Haven Farms
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The 1st of 108

Our first Street Bodhi in 2012 was co-founder **JEN VICKERY** contributing \$600 and countless hours in order to secure our 501(c)3 status in a record breaking 3 months.

Our first corporate sponsor was **THE HURLEY GROUP** donating \$1,008.

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