



### **Project Yoga Wish List**

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Nikki Owens, Executive Director

#### **Agency Needs:**

Yoga Mats

Bolsters

Blankets

Blocks

Sandbags

Eye Covers

Meditation Cushion

Matt Cleaner

Breathing Balls for Programs

Waterproof Tents

Portable Audio Equipment

Laptop for Executive Director

Printer and Paper

#### **Volunteer Needs:**

**Volunteer Coordinator** - This person will organize volunteers to be present at all PY events

**Help at Project Yoga Events** - Volunteers to help make PY events run smoothly including set up and tear down

**Volunteer to Assist Classes** - Assist in PY trauma informed yoga classes alongside trained instructors.  
requires background check and commitment to attend classes

**Data Collection and Survey Distribution** - Assist in distributing PY surveys to participants,  
then collecting and organizing the data