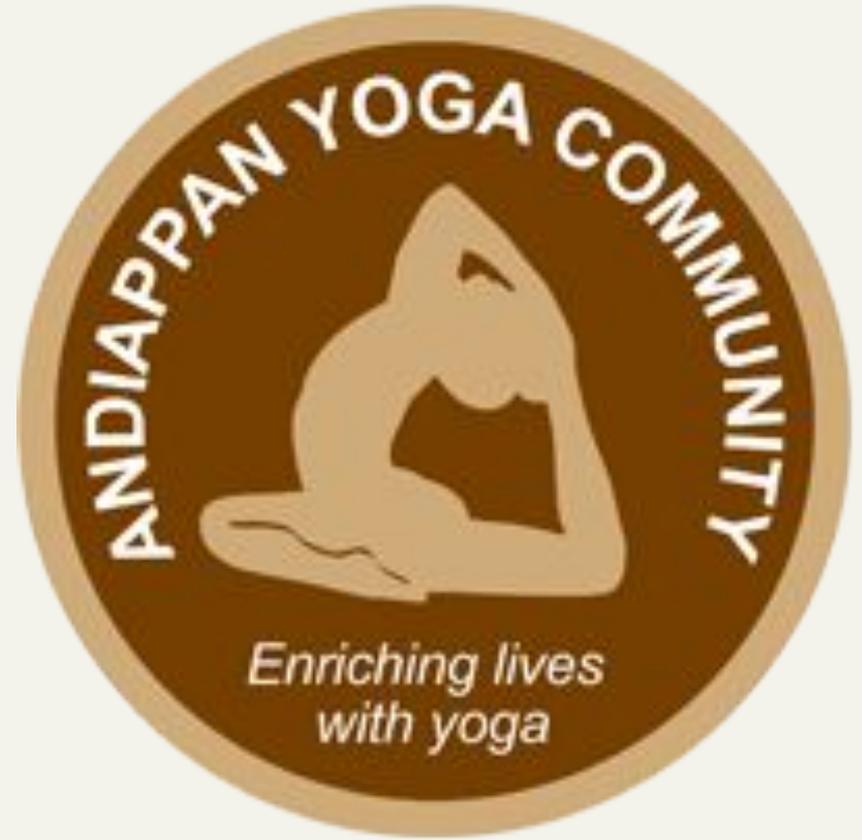


Andiappan Yoga Community

Last updated April 2023



Who we are

Andiappan Yoga Community (AYC) is a volunteer-based nonprofit organisation offering the benefits of yoga to those in need.



Our community was initiated in 2010 by a group of students of Master Yogananth of Anahata Yoga centre.

We carry on, in Hong Kong, a long tradition of outreach from Asana Andiappan College in Chennai, India.



Andiappan Yoga Community was registered as a section 88 charitable institution in 2015.

Today, we are a community of hundreds of registered volunteer yoga teachers serving thousands of students across Hong Kong.



Our mission

is to enrich lives with yoga and expand access to its therapeutic benefits to all communities across Hong Kong.



Our Vision

Yoga is an ancient practice that nurtures mental and physical well-being. Our vision is to remove barriers and make the benefits of yoga accessible to those in need.

Our Values

- **Spirit of Volunteerism:** AYC originated in from a spirit of giving. Since inception, AYC has been fully manned by volunteers who are committed to offering yoga to those in need.
- **Do no harm:** Safety is paramount in all that we do at AYC. Our yoga classes are therapeutic, focusing on the needs of students and respecting their limits.
- **Integrity:** As yoga teachers and in working with vulnerable communities, our integrity is key.



Volunteering with AYC

- Why volunteer with us?
- Continuous Education Programme
- Volunteer Tiers
- Volunteer Offers

Volunteer with us

AYC is what it is today because of our volunteers. There are many ways to get involved:

- **Yoga Teachers** certified by the International Yoga Academy may volunteer as teacher for our ongoing projects. Invitations are sent by email.
 - Non International Yoga Academy graduates are eligible to teach with Andiappan Yoga Community after completing the 5 workshops and must attend a minimum of 2 volunteer training workshops per year.
- **Our Operations & Admin Volunteers** make all our projects and programmes possible. To get involved, please email info@yogacommunity.org



“It was another amazing Sunday morning teaching a new group of students who came from various families and would want to take a break from their exhausting work schedule. They are a very committed group of students. Very grateful for today’s class and it’s definitely a wonderful morning!”

- Ceris Wong, AYC Volunteer



Andiappan Yoga Community Continuous Education Program

These courses support the development of yoga teachers across our community with:

- practical lessons in the ability to teach yoga
- yoga therapy elements to teach yoga students at a beginner level.

Anahata Yoga studio masters will conduct each of the courses available.

Andiappan Yoga Community Continuous Education Program

Master Anurag

How to teach Chakra Meditation for beginners
如何教授脈輪冥想給初學者

Class Time

14:00 - 17:00

Saturday, 16th October 2021

Venue

Anahata Yoga -

20/F One Lyndhurst Tower, Central

(Online class is available)



Teaching Volunteer Tiers

1. **Volunteer**
2. **Assistant Volunteer Teacher:** 25 classes taught
3. **Volunteer Teacher:** 50 classes taught
4. **Senior Volunteer Teacher:** 100 classes taught
5. **AYC Ambassador:** 150 classes taught
6. **AYC Ambassador Pro:** 200 classes taught
7. **AYC Advisor:** 300 classes taught: options for further training and development

For Teaching Volunteers

Offer for Teaching Volunteers

Volunteers who have taught over 25 classes for the projects with AYC Attendance record	10% Discount on annual group class membership package *
	15% Scholarship on all teacher training courses conducted by Anahata Yoga *
Volunteers who have taught over 50 classes for the projects with AYC Attendance record	20% discount on Annual Group memberships and Teacher Training Courses* 10% discount on private classes conducted by all the teachers *
<p>*Teacher Training scholarship will be based on Anahata Yoga Teacher Training Graduate REGULAR Fee and not on Early bird fee</p> <p>*Membership discount and private class package discounts cannot be combined with any other promotional offers</p> <p>*Project leader who also fulfil the teaching volunteer requirements for the promotion and scholarship, have the option to choose which offer to choose.</p> <p>The above offers may be changed time to time subject to the decision of the Andiappan Yoga Community and Anahata Yoga.</p>	



For Project Leaders

Project Leaders Discounts and Scholarships

Will get 8 classes per month membership package Valued at HKD 888 per month which includes group and Andiappan yoga classes	Applicable to ongoing projects ONLY
Project leaders can get 10% discount on private class packages at Anahata Yoga for both new and renewals *	Applicable to ongoing projects ONLY
All Project leaders will get 10 to 20% Scholarship on Teacher Training course conducted by Anahata Yoga depending on how long they have been leading the projects *	Scholarship * 1 year-10%, 2 years - 15% 3 years - 20%

*Teacher Training scholarship will be based on Anahata Yoga Teacher Training Graduate REGULAR Fee and not on Early bird fee

*Membership discount and private class package discounts cannot be combined with any other promotional offers

*Project leader who also fulfil the teaching volunteer requirements for the promotion and scholarship, have the option to choose which offer to choose

The above offers may be changed time to time subject to the decision of the Andiappan Yoga Community and Anahata Yoga.



Our work

Please take some time to read through the next slides to familiarise yourself with AYC's work and guidelines



Our Work

Since 2015, the Andiappan Yoga Community has:

Delivered 90+
community projects

Over 92k
attendances

Taught 38k
hours volunteered
(collective volunteer hours)

We raise awareness about yoga and offer classes by collaborating with civil society organisations, delivering regular classes at public venues, and developing remote learning channels. Our work centres around these four core areas:

- Financially Accessible Yoga
- Medical Rehabilitation Yoga
- Positive-Ageing Yoga
- Healthy Growth Yoga



Our Classes and Volunteer Teachers

- Emphasize the therapeutic benefits of yoga
- Safety is priority
- Qualified volunteers
- Project Leaders, senior volunteers manage each project



Email: info@iya-asia.com

Website: www.iya-asia.com



Events & Awareness Building

We continually look for opportunities to share the benefits of yoga to wider platforms.



Hong Kong Tourism Board



How yoga helps cancer sufferers and survivors, drug addicts

Cancer patients, recovering drug addicts and those with special needs in Hong Kong are discovering the benefits of yoga through free community classes.





Our Community Partners

	<p>伊利沙伯醫院 病人資源中心 Queen Elizabeth Hospital Patient Resource Center</p>							

Our core areas of work

- Financially Accessible Yoga
- Medical Rehabilitation Yoga
- Positive-Ageing Yoga
- Healthy Growth Yoga



Financially Accessible Yoga

Yoga classes accessible to students with monthly incomes below HK\$5,000.

Target students:

- People with low-income (below HKD 5000 per month)

Featured programmes:

- Free Weekly classes in Central, Sai Kung, Discovery Bay, Stanley, & more
- Yoga classes with Impact HK for the homeless
- Yoga classes with SoCO for low-income women
- Tai Kok Tsui Integrated Services Centre
- Yoga for Mother's at Caritas Jockey Club Integrated Services for Young People (Tak Tin)
- Online Yoga Class For All

Why Yoga?

- Yoga practice can be done for the purposes of de-stress, mental health, as well as for physical fitness.



“Good stretching and finally I can release my tension. My work is so stressful and Yoga really helps me to balance my daily life.”

- Ofelia S. Suratos, AYC student



OUR WORK



Andiappan Yoga Community partners with the Changing Young Lives Foundation to teach yoga to mothers from low-income families.

“So far, everything is great and super rewarding teaching these ladies. We all have gotten attached to each other and we always have a great class.”
— AYC Volunteer Edith Chan



[成長希望基金會]致力為香港及內地的弱勢家庭提供各種健康、福利、教育和娛樂項目。AYC自2010年起，與[成長希望基金會]合作，為低收入家庭的母親提供免費瑜伽課堂。
“到目前為止一切都很順利。我和同學們很投契，每一堂也很好，義教這些媽媽很有滿足感。” - AYC 義工導師 Edith Chan



Medical Rehabilitation Yoga

Yoga classes tailored to promote healing and recovery.

Volunteers for these classes are required to go through **additional induction**

Target students:

- Cancer patients in recovery
- Patients managing issues such as: pain, addiction, mental illness

Featured programmes:

- Yoga Therapy and Meditation for Adult Female Drug Abusers (SARDA)
- Yoga Therapy for Pain Patients from Queen Elizabeth Hospital at Anahata Yoga
- Anahata Yoga for Breast Cancer Survivors
- Yoga Therapy Class for Breast Cancer Patients & Survivors with Global Chinese Breast Cancer Organizations Alliance

Why Yoga?

- Pain and stress can be effectively managed through yoga. Gentle, tailored practice to aid recovery and healing. Yoga practice also helps to bring positive emotion and energy.



上咗3堂瑜伽，我覺得係有一啲難度，或者自己筋骨唔夠軟，有時候拉到痛嘅位就好自然退縮！我感受也訓練我哋專注，放鬆及堅持！我也希望自己拉得多都會越來越好，所以過程係開心，舒服嘅！

- 課程參與者

Yoga is a non-rigid healthy practice. I appreciate the class.

- AYC student



Positive-Ageing Yoga

Yoga designed for the social, mental and physical well-being of our elders.



Target students:

- Elderly citizens

Featured programmes:

- Lok Sin Tong Benevolent Society
- Social Welfare Department - Kwai Chung (East) Integrated Elderly Service Centre

Why Yoga?

- Yoga can be practiced at any age, despite limited mobility. It can soothe symptoms of arthritis and gently strengthen and stretch. Group practice can also provide positive social connection.





This is my 1st time teaching chair yoga. Many thanks for stella supporting. In this class, all students and teachers are full of joy, and everyone is looking forward to the next class 😊

- Mo Ching Chan, AYC Volunteer





Healthy Growth Yoga

Yoga to instill positive development in our youth and children.

Target students:

- Children ages 6-18 years

Featured programmes:

- Yoga Program for VTC students
- Yoga for Youth with Juvenile Protection Section of Kowloon West

Why Yoga?

- Through yoga, we can instill in children a positive sense of self and build a foundation for physical and mental well-being.

- 非常好的親子運動，多謝教導！
- 瑜伽活動很好，動作亦好適合初學者和小朋友亦可以參與，謝謝老師幫忙照顧小朋友。
- 我和囡囡參加了這活動好開心和心情都放鬆了，好多謝您們的教導和用心，謝謝。
- 我話囡囡玩得非常開心，可促進親子關係。
- 兩堂瑜伽好開心，好鍾意導師的悉心教導方法。- 課堂參與家庭
- 親子互動非常好，小朋友玩得好開心，可以釋放情緒。
- 感受到參加運動之後人放鬆了，平躺靜下來慢慢聽着導師的講解，人放鬆了，壓力減輕了。



Scholarships

Each year, we allocate some funds for scholarships.

Awards are based on financial need and other hardship as well as plans to serve.

Candidates must be a yoga student for at least one year and can apply at:

<https://www.yogacommunity.org/scholarship/>



Get Started

How to apply to volunteer and start teaching

1

Login to AYC website to create your Volunteers Profile.

Then please wait for the administrator to approve your profile.

2

After approval, login to your account to apply to volunteer under "Ongoing Projects."

You can find project details at yogacommunity.org/all-projects/

3

Wait for approval & welcome from Project Leader.

Get added to Project Whatsapp group.

4

Begin observing 3 classes in the project and then start teaching.

Use AYC App.



Set up AYC Volunteer Profile

1. You will receive an official invitation email to join the Andiappan Yoga Community as a volunteer - with login credentials mentioned in the email.
2. Use login details to register on a laptop or desktop at yogacommunity.org. This process is not mobile compatible.
3. Create your profile, add WhatsApp number and Apply to volunteer for projects you are ready to commit to.

Invitation to Join Andiappan Yoga Community. >

Andiappan Yoga Community <members@yogacommunity.org>
to me

Dear Victoria Ha Yeon Ahn

Congratulations on successfully completing the YTT Course at Anahata Yoga - Yoga from the Heart.

Thank for showing interest in teaching at Andiappan Yoga Community (AYC). To know more details about our ongoing projects please visit

Please click the link below to view the step by step guide to register as a teaching volunteer and how to apply to teach at our projects.

<https://s3.ap-east-1.amazonaws.com/yogacommunity.org/wp-content/uploads/2018/11/How-to-register-as-volunteer-2018.pdf>

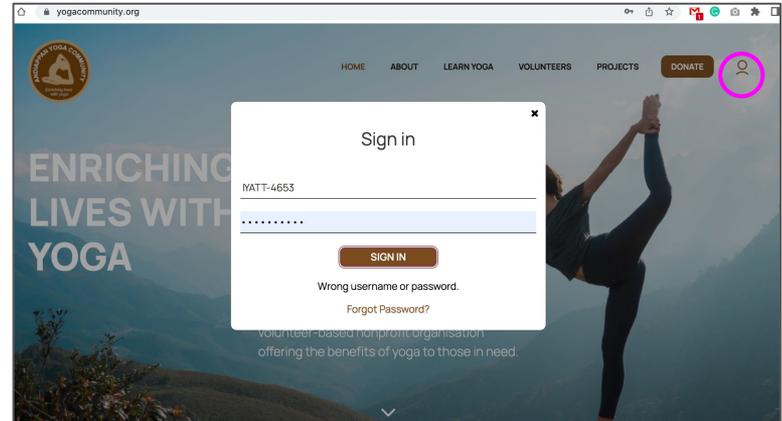
Please find below your login details.

User Name: **IYATT-4653**

Password: **mcs5gcA19Lyx**

Please visit www.yogacommunity.org to login, You can change your password after you login to the website.

Please apply for the projects that you are interested to teach in the [new project details tab in the volunteer detail section](#).



Set up AYC Volunteer Profile

Input your contact details, photos and write a short bio.
These details will be kept for admin record.

Please use a photo with your face clearly showing as it will show up alongside your testimonials and in your profile on the website.



“

6. The class was wonderful and enjoyable today! Yoga bring me to the present moment. It strength of mind and body.

”



WHO WE ARE
About
Our Team
News
Donate
Contact

WHAT WE DO
Projects
All Projects
Learn Yoga
Volunteers
Scholarship

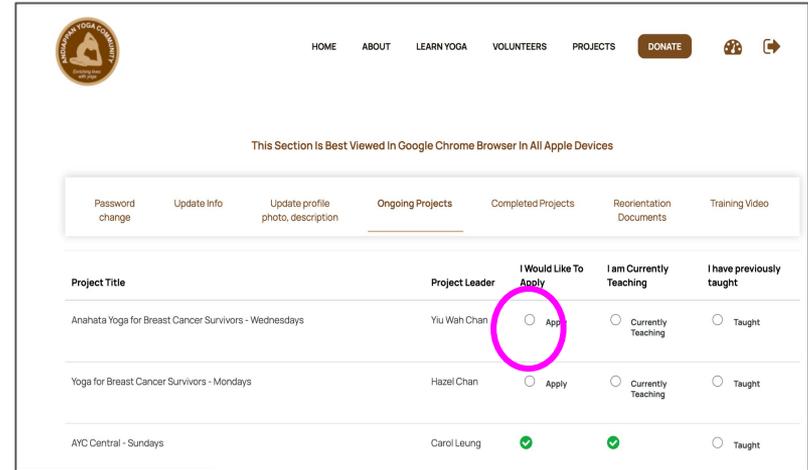
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No. 1 Lynchus Tower,
Central, Hong Kong
info@yogacommunity.org
+852 29137510

ANDEEPYIN YOGA COMMUNITY /
REGISTERED CHARITY
NUMBER: 9194355



Register for a Project

1. Read project details at yogacommunity.org/all-projects/
2. Under “Ongoing Projects” in your account, click apply on the project you want.
3. You will received an email once your volunteer profile and application approved by Admin.
4. AYC app login will only available after you have registered and approved as volunteer in the website.



GET STARTED

STAY CONNECTED

After you have applied and been approved for an AYC project, please download the Yoga Community App & sign in. Yoga Community app login will only be available after you have registered via the website and approved as a volunteer.

Yoga Community App to keep track of attendance and receive notifications

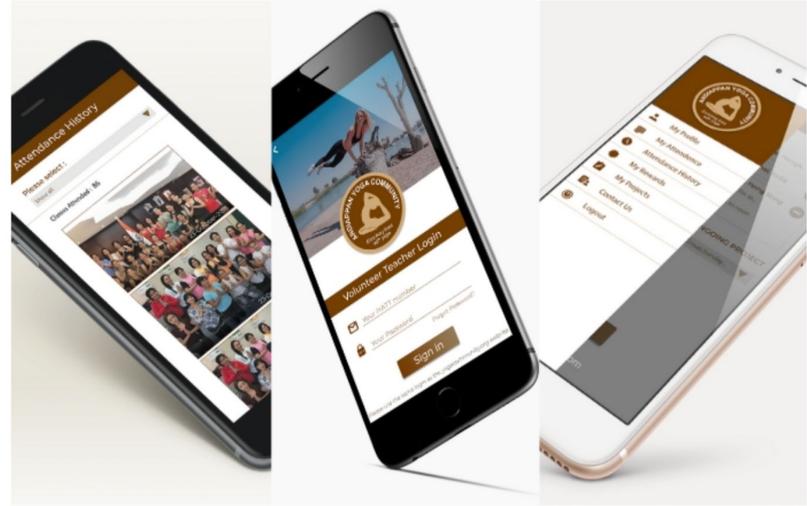
Facebook: [@AndiappanYogaCommunity](#)

Instagram: [@AndiappanYoga](#)

Website: Yogacommunity.org

Facebook Group:

[Andiappan Yoga Community Volunteers](#)



Class Guidelines

- **Beginning a project - Observation, Whatsapp Group**
- **Teaching a Class**
- **Tracking Statistics**
- **Submitting Testimonial and Photo Guidelines**
- **Teaching Guidelines**

Beginning a Project

- Once you are accepted to a project, the Project Leader will add you to the project WhatsApp group with the other volunteers.
- To begin the project, Observe 3 classes so you understand the project needs and requirements. Try to talk to other volunteers and learn from their experience and advice.
- Bring your own yoga mat depending on the project.
- Please keep share maximum of 3 photos per class into the WhatsApp group.

Oct 2021 Schedule

Sunday 8:30 am

Central Ferry Pier 10 or Pier 9

T-Teach, O-Observe

10th: T – ceris, Fang, Sang, Silvia, Carol

O –

17th: T – Ceris, Vicky, Fang, Sang, Jolie

O –Lily

24th: T –Chloe, Olivia, Victoria, Fang, Jolie

O –

31st: T - Chloe, Victoria

O - yuliani

10:00 pm



Teaching a Class

- Keep safety and integrity values for each class. Help students discover the benefits of yoga.
- Keep the poses simple and therapeutic avoid partner yoga poses, advance poses and inversions in the class.
- Before the class, ask to see the email acknowledgment for new students. All new [students must register online](#) and complete the disclaimer on the AYC website before joining the class.
- Avoid grouping the students for photos and no group photos is needed at the end of class.



Yoga Community App:

STATISTICS

Please input accurately into the app. This information helps us measure our impact and is shared to our website.

- Ask the students why they came to class and what they would like to gain: keep track of how many come for **mental health** and how many come for **physical fitness**.
- Keep track of **how many students** attended and how many per **gender**. **In your class (how many you teach directly, not in the whole project that day)**

PHOTO & TESTIMONIAL

There are two reasons for the testimonial and photo.

- 1) Real-time check-in/feedback to the AYC Team and project leaders
- 2) Gathering content for future AYC communications



7:00
← Search

Class Attendance

Register your Attendance

Project Name:
Select

Date:
Select

Upload Image:
take a pic of yoga pose with the teacher or you doing the pose in the class

Add more images

Confirm

Please do not share photos of the class on your own social media

AYC Code of Conduct

- **Safety, Respect & Privacy**
- **Safeguarding vulnerable peoples**
- **Representing AYC & Adherence to Guidelines**

Code of Conduct

By applying to join Andiappan Yoga Community, all volunteers agree to strictly follow the above code of conduct and community guidelines, and to represent AYC with integrity and professionalism at all times.

AYC reserves the right to disqualify your position and remove your credentials in case of any breach of the code of conduct and/or guidelines or should there be cause for concern in the representation or association with the work and community of AYC.

Safety, Respect & Privacy

1. **Safety is priority** in our classes. Avoid advanced poses. Respect limitations and boundaries.
2. **Professional conduct** at all times. Maintain professional integrity at all times in language and behavior. Be punctual and well-prepared to teach (eg. no foul language, no influence of alcohol).



Safeguarding vulnerable peoples

No exchange of money should happen in class. If students would like to donate, please direct them to the donation page or to get in touch with AYC admin.

4. **Respect privacy:** avoid sharing personal contact details, when taking photos, avoid student's faces. Do not talk about students personal details to others.

5. **No sexual harrassment.** Any report of sexual harassmtent will be taken seriously with immediate action. Take care respect boundaries.

6. **When working with children** underage 18, keep programme leaders or parents informed as necessary.



Representing AYC & Adherence to Guidelines

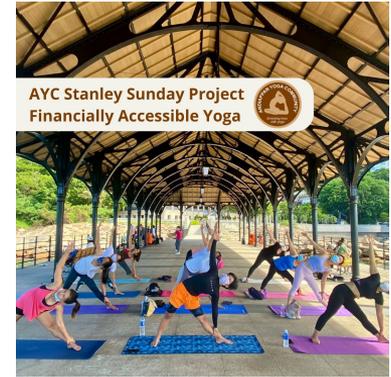
7. **Foster a positive and holistic approach to yoga.** Avoid overly focusing on posing.
8. **Seek guidance from Project Leaders:** Communicate with project leaders and ask questions when needed. Follow instructions provided by project leaders.
9. **Keep accurate records on the AYC App** for attendance, testimonials and tracking statistics.
10. **Follow photo-taking guidelines** provided by project leaders.
11. **Enjoy yoga, practicing and teaching.**



Note about sharing on Social Media

We understand the desire to share photos. However, we must remember that we are working with vulnerable groups and should protect the privacy of everyone. **This is a matter of safeguarding.** Also, **as an NGO working with vulnerable people**, AYC needs to be thoughtful about how our activities and work is portrayed. **Please do not share photos directly on social media, and follow guidelines on the next slide to see your sharing featured on AYC social media channels.**

We appreciate your understanding on this matter of photo sharing on social media.



“ Volunteer Sharing ”

Today's class began with breathing awareness and dynamic warm ups, which were followed by gentle movements, standing balancing poses and a focus on upper back and shoulder relief. **Students looked energetic and happy, they could see their improvement and newcomers were eager to learn.**

Flora, volunteer of AYC Stanley Sunday project



Feature your sharing on AYC

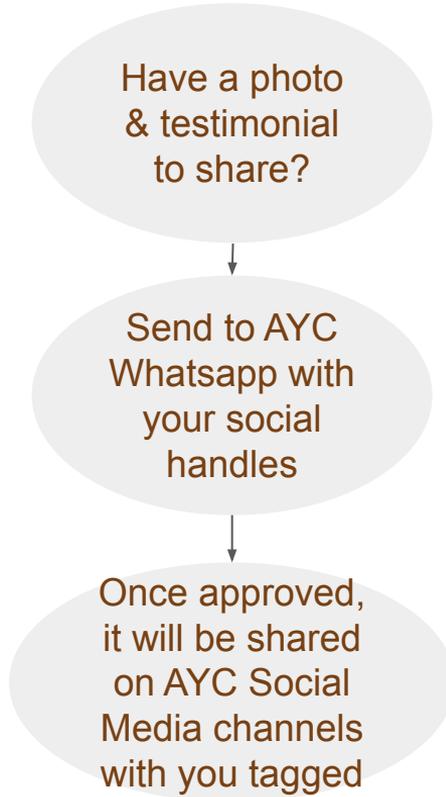
If you want to see your photos and testimonial featured on AYC social media platform, please separately send:

- 1) The photos - avoid participant's faces
- 2) A caption with a meaningful sharing about the class
- 3) Your FB & IG username, so we can tag you from the AYC FB & IG.

Send these to WhatsApp 69957621. These will be approved by Admin and then scheduled into AYC social media posting.

Do not share the photos on social media unless is approved.

Important: You will still need to take Class attendance in the AYC attaching a photo & feedback on the class for our admin and statistics purposes.



Support us - Donate

As a yoga practitioner, beginner or advanced, you have felt the benefits of yoga in your physical and mental well-being. Help us share the positive impact of yoga with our communities in need.

Our work relies on the generosity of individual donors and private foundations. All donations above HK\$100 made to AYC are tax-deductible.

- **Donate to a specific core area of our work:** Financially Accessible Yoga, Medical Rehabilitation Yoga, Positive Ageing Yoga, Healthy Growth Yoga.
- **Help us continue our work:** *Donate monthly*
- **Give for a special occasion:** Donate in celebration of a special occasion.

Get in touch at info@yogacommunity.org or make a donation at <https://www.yogacommunity.org/donation/>



Thank you

Website: www.yogacommunity.org

Email: info@yogacommunity.org

Telephone: +852 29137510

Whatsapp: +852 69957621

Facebook & Instagram:

[@AndiappanYogaCommunity](#)

Address: 801, One Lyndhurst Tower, No, 1 Lyndhurst
Terrace, Central, Hong Kong

