



[www.kulaforkarma.org](http://www.kulaforkarma.org)



HEALING  
RECOVERY  
EMPOWERMENT  
DO MORE  
WITH  
YOGA

KULA FOR KARMA

[SunshinePandO.com](http://SunshinePandO.com) - 973.696.8100



# Support Kula for Karma in delivering healing through therapeutic yoga

## OUR MISSION

Kula for Karma pioneers the integration of therapeutic yoga, meditation and stress management into mainstream medicine and healthcare.

As a nonprofit organization based in the New York metropolitan area, Kula for Karma offers programs, at no cost, to populations that face physical and mental health challenges.

## WHAT WE DO

Since its inception in 2007, Kula has launched over 300 integrative programs in the tri-state area, touching the lives of over 3000 people.

## WHO WE WORK WITH

# CHILDREN & ADULTS WITH CANCER

VETERANS SUFFERING FROM

POST-TRAUMATIC STRESS

# AT-RISK YOUTH VICTIMS

SENIORS



# OF DOMESTIC

# IN LONG-TERM CARE VIOLENCE

SETTINGS

# CAREGIVERS

# CHILDREN WITH SPECIAL NEEDS





## FUND A PROGRAM

Is there a particular community you're passionate about supporting? We greatly appreciate your generosity, and are happy to honor your requests. Your donations enable Kula for Karma to provide instructor training, yoga mats, props and blocks, as well as monitoring and evaluation of the efficacy of each program. On average, the costs of implementation and maintenance of one weekly program are as follows:

12 MONTHS  
OF PROGRAMMING  
\$3900

6 MONTHS  
OF PROGRAMMING  
\$1950

3 MONTHS  
OF PROGRAMMING  
\$975

1 MONTH  
OF PROGRAMMING  
\$325

## HOW CAN YOU GET INVOLVED?

### TEACH:

Are you interested in teaching therapeutic yoga? At the heart of Kula for Karma's success is a community of dedicated volunteer yoga instructors who are passionate about working with different client populations.

### PARTNER:

We are able to offer our programs through partnerships with hospitals, schools, and institutions in the tri-state area.

### VOLUNTEER:

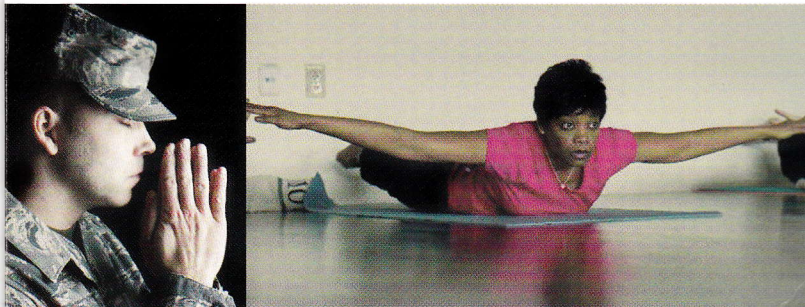
We welcome volunteers to assist with committee projects and special events.

### SUPPORT:

Your tax-deductible donation enables Kula for Karma to provide integrative healthcare programs to those who would not otherwise have access. Donations can be made:

- Via Check:  
Kula for Karma, P.O. Box 820, Franklin Lakes, NJ 07417
- Email : [info@kulaforkarma.org](mailto:info@kulaforkarma.org)

Visit Us Online at [www.kulaforkarma.org](http://www.kulaforkarma.org)



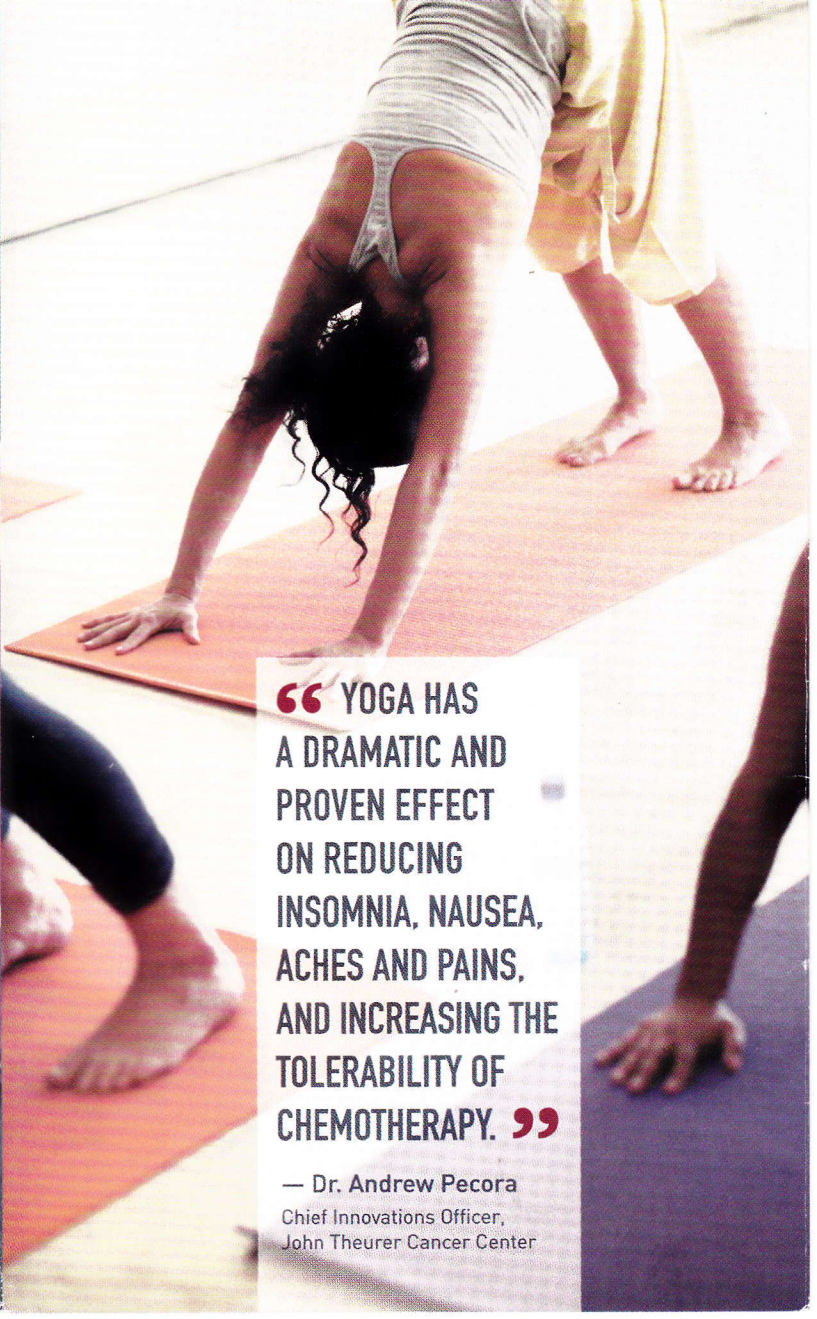
Founder & President Geri Topfer (right) with Executive Director Penni Feiner





## WHO WE ARE

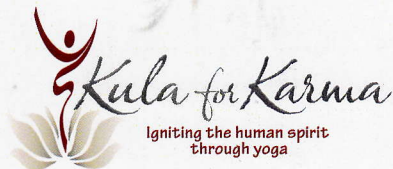
Kula for Karma collaborates with a growing team of yoga studios in the tri-state area, and has a volunteer base of over 350 certified yoga instructors. Our instructors undergo a minimum of 200 hours of teacher training. Kula for Karma Advanced Teacher Trainings include specialized trainings in trauma and addiction, including work with veterans, as well as working with patients with cancer, and their families. Many teachers have additional credentials, such as advanced allied health degrees, 500-hour training certificates, and certification in multiple yoga disciplines.



**“ YOGA HAS  
A DRAMATIC AND  
PROVEN EFFECT  
ON REDUCING  
INSOMNIA, NAUSEA,  
ACHES AND PAINS,  
AND INCREASING THE  
TOLERABILITY OF  
CHEMOTHERAPY. ”**

— Dr. Andrew Pecora  
Chief Innovations Officer,  
John Theurer Cancer Center





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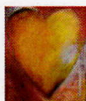
### **FUND-A-PROGRAM**

*Kula for Karma has identified 4 Programs  
most in Need of Your Support:*



#### **Children with Special Needs**

At-Risk Youth and Developmental Disorders



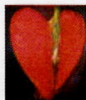
#### **Cancer Patients**

Pediatric and Adult Oncology



#### **Caring for Caregivers**

Those providing direct care to people in need



#### **Combat War Veterans**

Veterans with Post-Traumatic Stress

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*To make a donation in support of one of our programs, please see reverse side.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

#### **Choice of program duration:**

1 year: \$3900

6 months: \$1950

3 months: \$ 975

1 month: \$ 325

1 class: \$ 75

Other donation: \_\_\_\_\_

#### **Indicate preferred population:**

☐ Children with special needs

☐ Cancer Patients

☐ Caring for Caregivers

☐ Combat War Veterans

☐ Other: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Zip: \_\_\_\_\_

Print name as it appears on your card:

Signature: \_\_\_\_\_

**Or check payable to Kula for Karma and mailed to:  
P.O. Box 820, Franklin Lakes, NJ 07417**