

HOSH

— YOGA —

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About Hosh Yoga

Well-being as a right of life rather than a luxury

Who We Are

Hosh Yoga is a non-profit community yoga studio with daily donation-based classes in Greenpoint Brooklyn, New York, committed to making people's lives better by healing bodies and minds through movement. Our **vision** invites everyone to cultivate well-being. And day to day, our **mission** offers yoga and wellness programs for personal and community enrichment.

What We Do

Our suggested donation and sustaining membership studio allows our outreach programs to cost significantly less to schools, senior centers, and underserved communities that need it most and can afford it least. This allows Hosh programs to make universal health and wellness accessible to all. **Hosh Kids** gives over 3,000 children in NYC the opportunity to participate in enrichment and yoga programs at an early age addressing their health, wellness, and academics needs. **Hosh Seniors** offers training and programs to senior citizens in communities in NYC and beyond.

Why We Do It

We believe in universal health and wellness for all regardless of skill and income. We believe in access to cost effective and fairly priced health and wellness programs for communities that need it most and can afford it least. We believe healing bodies and minds through movement and mindfulness is essential to public health and education policy. Health autonomy is possible at every stage of life. We are excited to be offering programs that heal bodies, minds, and spirits throughout NYC. This work is part of an effort to create a health and wellness generation that reaches people at every stage of life. Health and wellness is a right of life rather than a luxury for more New York City residents thanks to the common belief of all our stakeholders.

A Message From The Executive Director

Henry Cross



Hosh is in a position to serve more people today than ever before. Our studio, youth, and senior services are making people's lives better. The mission is stronger than ever.

Health and wellness as a right of life rather than a luxury is a reality for more New York City residents thanks to the common belief of all our stakeholders. We wouldn't exist without you, THANK YOU! Our studio in Greenpoint allows our capacity to grow thanks to the stability of our sustaining members.

Our outreach programs primarily through Hosh Kids reach over 3000 children in over 30 schools across 4 boroughs in NYC. The studio program is instrumental in the organization's ability to reach more people all over the city. The studio allows outreach programs to cost significantly less to schools and underserved communities. In some cases, outreach programs are 30%-100% more cost-effective and fairly-priced in communities that need it most and can afford it least. It's a challenging but rewarding process to continue to provide programs in a self-sustaining and self-supporting way while remaining faithful to mission and purpose over simply financial interests.

We are thrilled that volunteers, students, schools, and the WHOLE NY community is helping this health and wellness organization be a vehicle for social change and community service in communities that need it most and have access least. Thank you for your on-going support as you help us make healthier and happier people and community possible!

Studio Services



Hosh Yoga's mission is to make health and wellness a right of life rather than a luxury. Hosh began to provide open level yoga classes in McCarren Park to the public in the summer of 2009. In October 2009, Hosh moved into Otom Gym to continue offering donation based classes. With the help of the contributions and efforts of community members and volunteer teachers, Hosh was able to open their own studio in July 2010. At Hosh, we have a suggested donation of \$10/class as well as a sustaining membership for \$75/month. The studio has over 10,000 visits per year and is supported by over 100 sustaining members.

"Starting from a small group in the park, it now operates over 20 programs in North Brooklyn - most of them in local schools offering after school yoga enrichment programs for kids." - Greenpoint Gazette, June 2014

"Hosh Yoga say they want to democratize the practice - make it accessible to all regardless of their income and skills level" - Greenpoint Gazette, June 2014

"I never would have thought that a few yoga classes in McCarren Park would have blossomed into a thriving neighborhood yoga studio, programs around the city for kids and seniors and an incredible community of teachers, volunteers and staff. It's an amazing feeling to see students talking to each other and developing friendships, thanks to the availability of the space." - Yuki Hirano, Greenpoint Gazette, June 2014

Youth Services - Hosh Kids



The mission of Hosh Kids is to help make enrichment education a right of life rather than a luxury. Hosh Kids reaches over 3,000 children in over 30 schools in 4 boroughs in New York City. Our vision is for every child in this country to incorporate movement and mindfulness as a life skill. No school or parent is refused service for lack of financial resources. Our programs are cost effective and fairly priced for all school and parent communities. Hosh takes pride in maintaining an exceptional level of professionalism and community service that makes a difference everyday. Hosh provides on-going training and on-site teacher support for instructors.

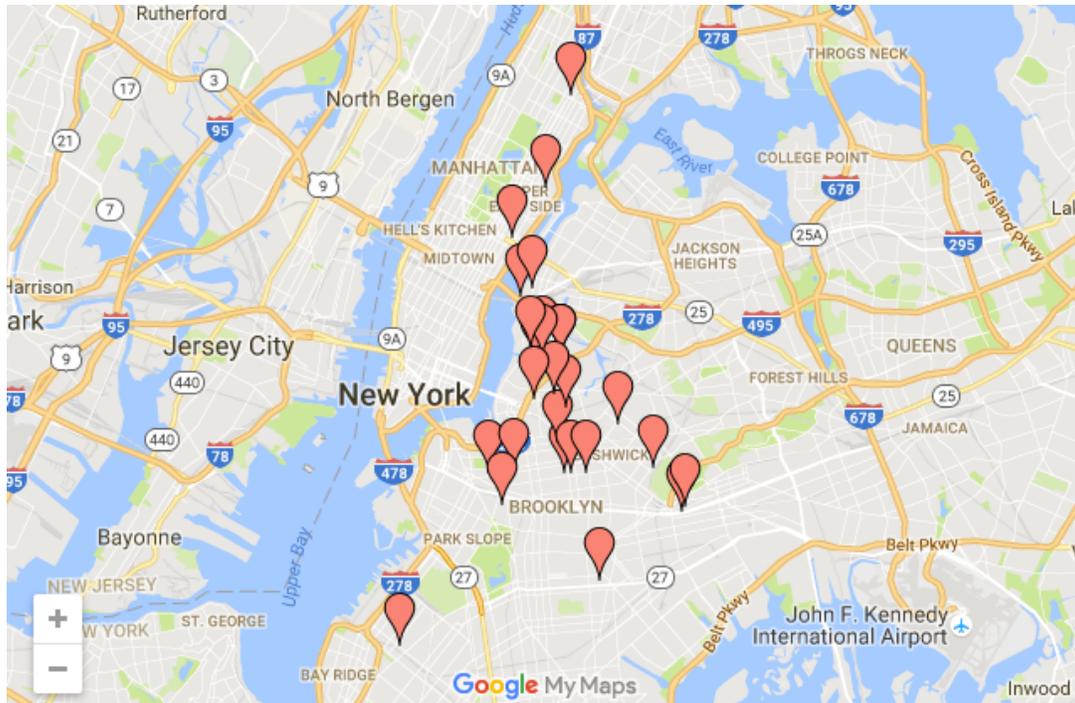


"As yoga service nonprofits, we should constantly be advocating for more yoga service programs in the community. I believe yoga is a life skill that works for anyone, anytime, anywhere. I simply share with our leaders that as we teach children how to take tests, we must also teach them life skills that make them better test takers. Go out there and tell the community about yoga service." Henry Cross, Huffington Post, December 2014



"...neuroscience research shows clear indications stress, trauma, lack of sleep, and malnutrition are disruptive to learning in the classroom. Therefore, movement practices such as yoga can help children learn better, think better, and stand stronger." Greenline, November 2014

Hosh Kids Outreach Programs



Hosh Yoga Kids Program

Little Acorns- Greenpoint

P.S 196- Williamsburg

Community Partnership- Clinton Hill

Brooklyn East Collegiate- Prospect Heights

Audrey Johnson Learning Center- Bushwick

Lolly's Learning Center- Long Island City

Brighter Babies- Long Island City

La Cima Charter School- Bedford-Stuyvesant

ABC Child Center- Greenpoint

ABC Infant & Toddler Center- Greenpoint

PS 31- Greenpoint

PS 59- Bushwick

Two by Two-Williamsburg

Unity Prep- Bed Stuy

Preschool of America- Bay Ridge

Foundations Academy- Bushwick

Arts and Letters- Fort Greene

Association to Benefit Children- UES

Bed Stuyvesant New Beginning- Bed Stuy

PS 62- Ozone Park

PS 34- Greenpoint

PS 147- Williamsburg

PS 120-Bushwick

Kat Mint Learning Initiative- Bed Stuy

Tender Tots- Norwood Bronx

Greenpoint Beacon- Greenpoint

MS 126- Greenpoint

PS 18- Williamsburg

Francis Perkin Academy- Williamsburg

PS 110-Greenpoint

IS 609- Ditmas Park

Dos Puentes- Inwood

HIAM- Rockaway

Senior Services - Hosh Seniors



Hosh Seniors promotes health and wellness programs for senior communities that need it most and can afford it least. Physical activity will improve the life and longevity of seniors and Hosh is committed to a lifetime of health and wellness. Seniors make up over a quarter of the US population and Hosh is eager to offer cost-effective and fairly-priced programs for seniors in NYC and beyond. Based on our availability, we might be able to offer volunteer programs to seniors in your community. We believe in training yoga teachers in delivering a movement and fitness class that can help seniors live longer and healthier lives.

“Starting at a senior center in South Williamsburg, with a steady group of about 8-10 attending the weekly sessions, the program’s continually improving attendance, on the heels of the success of the kids program, prompted the organization to develop a full fledged module.” - Greenpoint Gazette, June 2014

“Health and wellness for seniors is a growing concern but so is the affordability of such programs. We want to offer cost effective programs to people who need it the most.” - Greenpoint Gazette, June 2014



“Much the same way Hosh Kids grew from just one school to 20 schools throughout the city serving close to 2,500 kids each week, Hosh Seniors is looking to make incremental expansions.” - Greenpoint Gazette, June 2014



Impacting Lives

I have made good friends at Hosh and my body always feels great now from a consistent practice that Hosh provides. I feel more involved with community and have even helped other people through Hosh and made a lot of healthy and positive friendships. I LOVE HOSH!- Susan Morales, Hosh Student and Sustaining Member

"I am a dance teacher in four schools reaching over 300 students across Brooklyn weekly. Principals and program directors have told me that without the quality and cost effective classes Hosh provides, they would have no way to meet state requirements for enrichment and physical activity. As a new mom, Hosh has also given me the opportunity to raise my son, finish my Graduate degree and still do what I love...teach." Niki Drayton, Hosh Kids Teacher

"The team at Hosh Kids is welcoming and accepting of all participants. My son LOVES his yoga and dance classes and I love that the program is financially accessible. Hosh Kids is a true gift to our neighborhood!" Sara, Hosh Kids Parent

"I love yoga because it is relaxing!" -Anisa, 4th grade, Hosh Kids Student



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