

GENERAL INFORMATION

Name of Organization Requesting Grant: <i>(Please list parent/sponsor organizations in parenthesis)</i>	The Yoga Buggy
Name of the program(s) (if applicable):	Free and low cost yoga for kids in Whistler
Society Registration Number:	Incorporation Number: S0071060 Business Number: 70192 1710 BC0001
Organization Mailing Address:	[REDACTED]
Contact Name & Title:	Amanda Drage, HR Manager
Organization Phone Number:	[REDACTED]
Organization Email Address:	amanda@yogabuggy.com
Organization Purpose or Mandate: <i>(Please provide this answer in one sentence)</i>	We bring yoga to kids and families.
Organization Category (choose between Environment, Social Services, Community Services, Recreation and Sports, Arts and Culture)	Recreation and social services

ORGANIZATION INFORMATION

How many years has the organization existed?	8
How many active members/participants does the organization have in the current year? <i>(e.g. how many athletes have signed up for this year)</i>	2500
For sport organizations, how many youth (U18) participants are enrolled in your programs?	N/A
How many Whistler residents members does the organization have in the current year?	Over the past 3 years we have been able to offer close to 50 kids yoga classes in Whistler and reach 500 participants.
How many volunteers/executive/staff are required to administer the organization in the current year?	23
Age range of participants in the organization:	0-99

Please list active website URLs and active social media accounts (Facebook, Twitter, Instagram, etc.):	www.yogabuggy.com https://www.instagram.com/theyogabuggy/
What are the membership and participation requirements?	Kids Yoga classes are open to everyone to participate. Board members are required to attend quarterly meetings.
Does the organization have any outstanding debts or other means of funding from the RMOW? If yes, please state the amount and reason. <u>Note:</u> Please include any Value In Kind support that you receive from the RMOW (eg. reduced rent, utilities in RMOW buildings)	No

GRANT INFORMATION

1. Purpose of Grant	<i>Explain in detail how the funding will be spent. Please refer to Council Policy A-7 Community Enrichment Program, available at www.whistler.ca/cep for funding criteria and eligibility. Please be as concise as possible using the space below.</i>
<p>Program proposal</p> <p>No cost and low cost yoga classes for kids in Whistler, making yoga accessible to all.</p> <p>We would like to continue to partner with local organizations to add yoga to kids summer camp programming as well as bring yoga to kids in local schools. We have had interest in yoga programming from Whistler Secondary, Mini Shredders day camps and Whistler Adaptive Kids Camp but funding is needed to make these programs possible.</p> <p>Summer Camp Yoga 10 x 60 minute classes 10 x 45 minute classes 10 x 30 minute classes</p> <p>High School Yoga 10 x 60 minute classes</p> <p>Funding will be used to eliminate registration fees for students, in order to make these programs accessible to all families in Whistler. Also the money will fund: ~Paying our teachers to deliver high quality programming ~Operational costs (Director, Admin, HR, Marketing) ~Create and deliver relevant programming to support the Whistler community ~Update our course content & documented best practices and to do practice teaching sessions with our staff. ~Other operational costs such as teacher travel costs, promotional costs, accounting costs, loaner yoga mats, cleaning of yoga mats and other equipment and spaces used. ~Insurance and banking fees</p>	

2. Is This a New Program or Activity?	<i>If yes, what are your targets and goals for this program/activity?</i>
<p>We would be continuing and expanding our 2023 & 2024 programming in Whistler. This program is now in its 4th year in Whistler but we have run many similar programs in Vancouver and the Lower Mainland for over 8 years.</p>	

3. Current Year Highlights and Community Benefits:	<i>Detail the specifics of activities and community benefits your organization provides.</i>
<p>The Yoga Buggy teaches yoga as a set of mind/body tools which instill mindfulness, self-awareness, and increased self-regulation in children. Despite yoga's many benefits it is currently unavailable to many of the younger members of our communities. We seek to remedy this situation.</p> <p>The Yoga Buggy democratizes yoga by bringing high-quality, low-cost classes to a wider range of children than usually have access to it. We focus on inclusion, diversity, and increasing accessibility and opportunities for those who struggle with learning disabilities, social-emotional issues and/or financial hardship.</p> <p>Our classes, which are taught in a fun, child-friendly way, can help to build attention span, self-regulation, body positivity, confidence, strength, flexibility, balance, resilience, and social-emotional awareness. Clinical studies suggest that yoga contributes to helping children with many of the challenges that face our communities: anxiety, depression, poor fitness and behavioural struggles</p> <p>With the return to a new "normal" after the global pandemic, our team continues to work hard and with great creativity to continue to bring yoga/mindfulness tools to the community. We are especially motivated since the problems that are increasingly presenting in our communities (decreased physical fitness, mental health stress) are supported by a regular yoga/mindfulness practice. We're proud of the thousands of hours of yoga we've shared with kid yogis and are excited to continue that for years to come.</p>	

4. Existing Funding and Grant Applications:	<ol style="list-style-type: none"> 1. <i>List the specific grants, funding and fundraising planned, approved or pending for the existing year, and</i> 2. <i>Please also list rejected or non-approved funding (with reasons).</i>
<p>Community Gaming Grant \$25,000.00 Jumpstart Grant \$27000.00</p>	

GRANT INFORMATION (CONTINUED):

5. Grant Request Amounts and Financial Breakdown:			
<i>Please ensure numbers provided in this table coincide with the required financial documents you provide in your application</i>			
	Annual Operating Budget	Grant Requested	<i>Provide a brief description of the specific amount requested. (Ex: Products, services, staffing roles, advertising, etc.)</i>
Salaries/contracts:	126,010	2000	
General operations:	41,300	250	
One-time project / program:	0	0	
Physical assets:	0	0	
Rent (RMOW facilities):	0	N/A	
Rent (other facilities):	3690	0	
Other:	0	0	
Total	\$ 171,000	\$ 2250	1.3 % (Grant request ÷ Annual budget amount)
<i>Reminder: The grant amount requested cannot be more than 50% of the annual operating budget of the organization.</i>			

6. Additional Information:	<i>Please list any additional information, details or explanations regarding your grant request that you would like to be considered by Council.</i>
	<p>The Yoga Buggy teaches yoga as a set of mind/body tools which support mindfulness, self-awareness, and increased self-regulation in children. Despite yoga's many benefits it is currently unavailable to many of the younger members of our communities. We seek to remedy this situation.</p> <p>Our yoga classes, which are taught in a fun, child-friendly way, can help to build attention span, self-regulation, body positivity, confidence, strength, flexibility, balance, resilience, and social-emotional awareness. Research increasingly shows that yoga and mindfulness tools help children with many of the challenges that face our communities: anxiety, depression, poor fitness, and behavioural struggles. We seek to democratize yoga by bringing it to all children including those with learning disabilities, social-emotional issues and/or financial hardship.</p> <p>We are actively inclusive of all children regardless of sexual orientation, gender identity, and gender expression (LGBTQ2S+); sex; age; ability; race; ethnicity; culture; religion; language; education and income. Our classes frequently explore the themes of celebrating diversity, respecting everyone, and body positivity.</p>

7. Attachments:	Please indicate the attachments you are including with your Grant Application Form:
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<input checked="" type="checkbox"/> Financial Statement (audited preferred) or Organization Budget (Required) <input checked="" type="checkbox"/> Proof (copy) of registered not-for-profit society status or registered charity status (Required) <input type="checkbox"/> Other:

COMMUNITY PERFORMANCE INDICATORS

<p>8. Please describe how your organization can contribute to the RMOW Strategic Plan:</p>	<p>Please visit https://www.whistler.ca/municipal-gov/strategies-and-plans/strategic-plan/ to learn about the four priority areas of RMOW 2023-2026 Strategic Plan:</p> <ol style="list-style-type: none"> 1. Housing 2. Climate Action 3. Community Engagement 4. Smart Tourism <p>Please determine how your grant (or organization) can contribute to fulfilling any priorities described in the four areas listed above. Each priority has numerous specifications to choose from while describing how your grant (or organization) may help to improve Strategic Plan.</p>
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Example: This grant addresses the priority of "Community Engagement" because it strives to connect locals to each other. Specifically, this is because...

<p>2. Climate Action</p> <p>The Yoga Buggy has hired local teachers in all our locations to minimize the carbon footprint of travel to and from classes. We encourage teachers to take non-carbon emitting modes of transportation when possible.</p> <p>3. Community Engagement</p> <p>Yoga Buggy classes are an opportunity for members of the community to come together for movement and fun and a calm, positive, non competitive social interaction. Yoga and mindfulness have been shown to have positive effects on children, mentally, socially, physically and behaviourally. We partner with existing organizations to bring yoga to kids within communities. Providing free and low cost Yoga Programming will help keep a larger variety of extra curricular activities accessible for local Whistler families living year round in the resort.</p>
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SUPPORT FOR TRUTH AND RECONCILIATION

The RMOW is committed to working with the Líl'wat People, known in their language as L'il'wat7úl and the Squamish People, known in their language as the Skwxwú7mesh Úxwumixw to: create an enduring relationship; establish collaborative processes for planning on unceded territories, as currently managed by the provincial government; achieve mutual objectives; and enable participation in Whistler's resort economy.

9. How has your organization considered truth and reconciliation with the Indigenous Nations?

The Yoga Buggy acknowledges that the classes we teach take place on the traditional, ancestral and unceded territory of the and Líl'wat7úl (Lil'wat), skwxwú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam), and səliłwətał (Tseil-Waututh) Nations.

By increasing access to yoga for all kids, we work to remove some of the barriers created by our colonial past and present.

We are able to incorporate Indigenous art, music and story telling into some of our classes. As well as teach important values, such as caring for this land and each other, in a kid friendly way.

We relate the teaching of yoga concepts from ancient India to Indigenous ways of knowing and other cultures with similar values and ways of life. Learning through narratives, mythology and metaphors; relating to plant and animal kingdoms, the universal elements of spirit, water, fire, air and earth; and connecting to our ancestors and descendants, kids learn about compassion, community and environment, awareness and caring of the self and others. We bring in Indigenous resources (children's books, art, supplies, music) and purchase these from Indigenous-led businesses in the community. Through acts of education and action, we strive to do our part to work towards reconciliation.

GRANT APPLICATION AUTHORIZATION:

Submitted by:	Amanda Drage
Phone number:	[REDACTED]
Email:	amanda@yogabuggy.com
Acknowledgement:	<input checked="" type="checkbox"/> I confirm that the information provided in this CEP Grant Application Form is true; <input checked="" type="checkbox"/> I confirm that a representative is required to present this grant request at a future Council Meeting; <input checked="" type="checkbox"/> I confirm that if any amount is granted that the Grant Reporting Form is due by December 1 of this year; <input checked="" type="checkbox"/> I confirm that if any amount is granted, it will be used only for its intended purpose unless otherwise approved by Council.
Signature:	[REDACTED]

Funding decisions will be announced during a Regular Council Meeting in April 2025.

Please contact the Legislative Services Department at corporate@whistler.ca if you require any assistance.