



International Scholarship and Cultural Exchange Fund Awards

Opportunities for Growth

AZAHAR Foundation is pleased to inform that we have awarded eight new International Scholarships during the past three months. International training and cultural exchanges are an effective means to promote tolerance and respect within the global community and expose participants from developing or post conflict countries to high quality teachings and standards, particularly in relation to healing practices. Our scholarship recipients earn prestigious international accreditations through these scholarships that elevate their standard of teaching and peace facilitation skills.

AZAHAR Foundation, in partnership with Jivamukti Yoga® has awarded 300HR International Jivamukti Yoga teacher training scholarships to two recipients from Ukraine and two recipients from Rwanda. Additionally, we have provided specialized training for our senior yoga teachers from Cambodia to participate in a Jivamukti Yoga® 90HR Teacher's Refinement Course.

AZAHAR Foundation, in partnership with Fundación Radika, awarded two 40HR Yoga for Trauma scholarships to two seasoned yoga teachers from Cambodia. Trauma Informed Yoga is an evidence-based methodology created by psychologists and psychiatrists to treat, as complementary therapy, trauma, and its consequences, thereby facilitating safety and reconnection.

International scholarship awards allow dedicated local peace facilitators to further develop their skillset and gain the confidence to continue sharing the yogic knowledge within their local communities. Scholarship recipients also commit to devoting karma hours to their local community, through AZAHAR Foundation. Thus, they become multipliers of knowledge and skillset that is instrumental in the healing and development of their societies.

We are happy to continue partnering with Jivamukti Yoga® and Fundación Radika because we are firm believers that partnerships and collaboration are key to making a sustainable impact in the world.

"...if you want to go far, go together".

JIVAMUKTI YOGA®
जीवमुक्ति योग



300 HR Jivamukti Yoga Residential Teacher Training Scholarship Recipients:



Tatiana Samborskaya and Valeria Samborskaya

300 HR Jivamukti Yoga Annual Online Teacher Training Scholarship Recipients:



Emmanuel Manirarora and Alexis Havugimana

40 HR Yoga for Trauma Online Teacher Training Scholarship Recipients:



Victory Vuthy and Raty Khun

90 HR Jivamukti Yoga® Teacher's Refinement Course Scholarship Recipients:



Chhayleang Kauy and Em Vun

Past Fundraising Events

Summer Fundraising Workshop in New York: June 18th, 2022

AZAHAR Foundation and Hamptons Yoga Healing Arts hosted a fundraising masterclass by our founder and president, Yogeswari at the studio's location in West Hampton Beach. Thanks to the generous contribution of Hamptons Yoga Healing Arts, Abby Vakay, Skip Batcheller, and our supporters during this fundraising weekend, we were able to fundraise \$2,150 to benefit our programs.

Yogeswari's Summer Yoga Masterclass in The Hamptons

June 18th, 3-4:45 pm at Hamptons Yoga Healing Arts



register here:
hamptonsyogahealingarts.com/class-schedule
live-stream available



Proceeds to fully benefit AZAHAR Foundation
Your tax deductible contribution: \$50



News from Rwanda

Healing the Body, Mind, and Spirit at AHEZA Healing Center

AZAHAR Rwanda has increased the number of yoga and meditation sessions from two to four times per month at Aheza Healing Center in Bugesera, Kigali. Our students are adults and elderly genocide survivors who have been affected by organized violence through the loss of loved ones, loss of property, and who are also physiologically and psychologically wounded. Besides living with untreated trauma, some also have hard time meeting their basic needs and sustaining their livelihoods. Many of our beneficiaries suffer from different health-related ailments such as chronic back pain, digestion problems, migraine, diabetes, heart disease, and cancer. In addition to this, some have been diagnosed with post-traumatic stress disorder (PTSD) and depression. Our students continue to receive the

benefits of yoga classes through a trauma-informed yoga therapeutic methodology that caters to their circumstances, being survivors from the Rwandan genocide against Tutsi.



-Agahozo Shalom: relaunching our program Agahozo.



The Power of Connection at Agahozo Shalom Youth Village

Agahozo Shalom Youth Village is a full-time residential high school in which orphans and vulnerable Rwandan youth are provided a home and are assigned companionship that acts as a family unit during their school period. It's located in the Rawamagana district in the Eastern province of Rwanda and is home to 500 young people and their caregivers. The organization was founded after assessing that a vast majority (1.2 million) of orphans were left behind after the Genocide against the Tutsi in 1994.

Our partner, Agahozo Shalom contributes to the wellbeing and empowerment of youth through healing, education and love. AZAHAR Rwanda contributes to healing and building a better future for the young people at this village. Our Yoga program empowers the youth to be healed physically by developing physical strength and flexibility while facilitating mental empowerment by allowing them to feel grounded, confident and positive. Curiosity is the driving force that enables AZAHAR Rwanda's teachers to connect with the young students. Our instructors guide them through yoga asana (physical movements) together

with the breath, motivational words and facilitate a quest for self-inquiry where we explore how to promote peace within ourselves and with others.

Meditation also plays an important role in the sessions, where our students are taught the power of letting go of what is not within our control, especially the difficulties and hardships of life. We have witnessed the power of the breathing practice, as an expression of the full cycle of life, and our young students have been able to recognize that the foundation of life is about receiving through the inhale letting go through the exhale.

We are relaunching our program in Agahozo Shalom, providing four sessions per month when we will be able to impact the lives of our young students by instilling practices that heal and empower.

News from Cambodia

Promoting Yoga for Self-Care

Friday June 3rd, 2022

AZAHAR Cambodia has two new certified Trauma Sensitive Yoga Teachers from Radika's online teacher training. To celebrate their accomplishment, Raty and Victory prepared a special community class titled "Yoga for Self Care". The purpose of this class was to share practices that help people feel grounded, loved, connected and taken care of. Trauma is a common human condition, but it doesn't need to define our lives and we can take power over any painful past circumstances, instead of allowing them to control you. This experience provided a space for all attendees to self-regulate their nervous system and experience the care that we're able to provide for ourselves.

AZAHAR Cambodia teachers integrate these mindful teachings into their practices and remain perpetual students of the practices that they teach by participating in advanced and specialized trainings.



Artists and Yogis United: AZAHAR Cambodia and Phare Ponleu Selpak Partnership

AZAHAR Cambodia and Phare Ponleu Selpak share a common goal, to support Cambodia’s human development through by promoting education in creative mind, body, and soul practices. Phare is a nonprofit arts school located in Battambang, Cambodia, offering support to children and youth in the surrounding communities through artistic and educational engagement programs.

With the purpose of exposing our teachers to both yoga and art-related practices, we facilitated a first exchange with a crew of Phare artists on May 8th, 2022 at AZAHAR Cambodia’s Yoga Phnom Penh studio. The session emphasized on mindfulness movement, breathwork and the link between movement and breath, which is beneficial for developing a mindful state and preventing injury. The class also introduce a chanting and meditation which introduced the elements of a spiritual practice rather beyond physical movement.



AZAHAR Cambodia actively participated in the 2022 Tini Tinou International Circus Festival, which took place on June 3rd at Phare’s campus in Battambang. This international circus festival brought together artists from around the world to share experiences, participate in workshops and most importantly to inspire young people, engage the local community and promote arts among the Cambodian society, bringing unity and understanding of shared values. AZAHAR Cambodia provided a 5-day yoga training for the festival’s artists to generate awareness about the beneficial elements of the yoga and meditation practice that they could integrate into their professional work. This program was designed to focus on familiarizing artists with the conscious practice of yoga and meditation to generate interest among this group and encourage them to become future teachers of the practice.



The 2022 edition of International Day of Yoga was themed “Yoga for Humanity”. The International Day of Yoga’s major purpose is to spread a message of peace and raise awareness of the physical, mental and spiritual benefits of yoga practice around the world for humanity’s well-being.

Indian Prime Minister, Narendra Modi, inaugurated the 8th International Yoga Day and stated that “Yoga is not for individuals, Yoga is for humanity.” He also added: “Yoga brings peace to our society, it brings peace to our nations and the world, and Yoga brings peace to our universe.”

AZAHAR Foundation utilizes the Yoga System methodology for peacebuilding within conflict and post conflict societies. Through individual peace, sustainable collective peace is achieved. Our purpose is to share the practice of yoga and its gifts within communities with limited access around the world.

AZAHAR Cambodia celebrated International Day of Yoga on June 26th by offering a series of integrated events at its Yoga Phnom Penh studio. A community Jivamukti Open class presented the contextualized classical yoga teachings drawn from Jivamukti Yoga’s Focus of the Month, supported by chanting, breath awareness, flowing vinyasa sequences, alignment exploration, hands-on assistance, relaxation, and meditation. The studio also showed the Jivamukti Yoga Movie “What is Real?”, which presents the inspiring story about the Jivamukti Method that inspires the teachings at AZAHAR Cambodia. Finally, the studio offered a Kaosikii or Kaos’ikii dance session, which provided a psycho-physical experience that develops mental stamina and strength.



Promoting Community Wellness through Private Sector Partnerships



In Partnership with Decathlon Cambodia, AZAHAR Cambodia is offering a free weekly yoga class at the Decathlon Sen Sok Sporting Goods Store on Sundays. This offering is part of the Community Wellness Program whereby the peace promoting practices and methodologies are shared with corporate and NGO partners to serve target communities. These practices contribute to the well-being and self-care of stakeholders, while generating general awareness about the healing practices that are becoming increasingly available through AZAHAR Cambodia and the teachers that the organization is training.



Workshops and Community Classes, JUNE 15, 2022 at 7 PM – 8:30 PM Back Bend & Back Twist and Marma therapy

AZAHAR Cambodia strives to offer its student base opportunities to participate in several community classes and workshops to expand their knowledge of yogic studies and promote a healthy lifestyle. As part of this effort, Yoga Phnom Penh offered the following sessions:

Back Bend & Back Twist and Marma Therapy Workshop on June 15th: promoting a healthy spine and channeling prana to support the healing process by restoring health and peace of mind.



Khmer Herbal Medicine on May 21st: The traditional Cambodian or Khmer Medicine is an important element of the cultural traditions that support health and well-being in

Cambodia. Khmer Herbal Medicine is a form of naturopathic medicine that cures diseases, heals wounds, and recovers from illness. AZAHAR Cambodia offers a series of workshops on the traditions of Khmer Herbal Medicine to educate younger generations on the ancient local traditions and approaches to healing in support of their spiritual and physical practices.



LET'S GET SOCIAL

Follow us



AZAHAR Foundation

76 Charles St. #5F, New York
New York NY 10014 United States

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe me](#)

