



## Message from the CEO of AZAHAR Foundation

Welcome to AZAHAR Connects, our means to keep you close and informed about the impact that is possible because of you, our supporters. Our foundation represents the collective desire for peace, tolerance, and healing. We have thus, designed platforms and programs to materialize this dream with communities that have the greatest potential for transformation.

AZAHAR Foundation works internationally because we live in a global society that can be engaged to support common goals. Our work initiated since 2009 and has gradually become more organized throughout the subsequent years. AZAHAR Foundation is growing, and we wish to share with you our exciting endeavors, as we continue to reflect, learn and evolve. Our Retrospective Report presents a snapshot of our work for the past 10+ years and some perspectives for the future.

As a global society we have also become resilient in the face of the COVID-19 pandemic. After having to streamline operations during the past couple of years, we're now launching new initiatives and reactivating many of our programs and partnerships.

I joined AZAHAR Foundation as CEO since December, 2021 after working as an international organizational development advisor and change facilitator for more than 18 years. Since then, I've embarked on a learning journey about what makes our work unique and I believe that the key word is connection. I've assessed that our mission echoes the interest and desires of a global society that is constantly seeking personal growth and linkage with social consciousness. During the present time, human beings increasingly seek individual healing, yet this quest is not detached from our relationship with others.

Alternatively, non-conventional social development practices, such as yoga, meditation and the arts have permeated our societal conversations as we strive to dissect them through practice. AZAHAR Foundation is the link between a global community of people who are on an individual healing quest and significant societal causes that require a similar approach.

I hope that you enjoy learning about our work through our bimonthly newsletter and that we're able to partner together in promoting a culture of peace.



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## Retrospective Report 2022



AZAHAR  
Foundation

## RETROSPECTIVE REPORT 2022

10+ YEARS CONTRIBUTING TO  
A CULTURE OF PEACE



AZAHAR Foundation's 2022 Retrospective Report presents an overview of our work for the past 10+ years. We present the foundation's theory of change, explore the outcome and impact of our work and provide perspectives for the future. We hope you enjoy our story and that you're able to connect with our cause, methods and dreams.

[read the full report here](#)

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## News from Cambodia

### Yoga Teacher Training Graduations



## **300HR Jivamukti Yoga Teacher Training Graduation**

6 AZAHAR Cambodia teachers graduated from the online International Jivamukti 300HR Yoga Teacher Training on March 19<sup>th</sup>. This three-month online teacher training course is very demanding and the successful completion by our teachers is a major achievement. The graduation ceremony was hosted by Yogeswari at AZAHAR Cambodia (Yoga Phnom Penh Meditation and Yoga Studio) and online.

## **AZAHAR Cambodia Yoga Teacher Training Graduation**

16 students graduated from AZAHAR Cambodia's 200HR and 50HR Yoga Teacher Trainings offered by our talented cohort of yoga instructors on April 3<sup>rd</sup>. These trainings are facilitated by our cohort of talented and experienced yoga teachers.

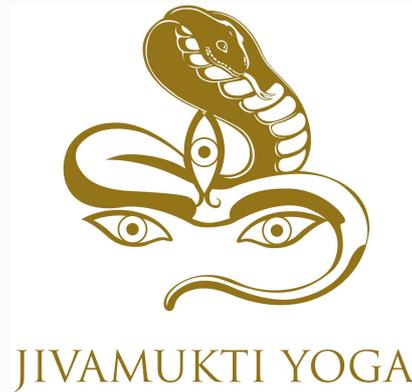
## **Our President and Founder, Yogeswari, visits AZAHAR Cambodia**



Yogeswari traveled to Cambodia during the month of March. During her visit, she engaged with our local team, explored partnership

opportunities and led a series of continued education workshops for AZAHAR Cambodia's yoga teachers. She also provided public classes at our local studio in Phnom Penh to fundraise for our programs. Her workshops and classes took place on March 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> where \$590 dollars were fundraised locally.

## **AZAHAR Cambodia granted Jivamukti Yoga Affiliate Status**



Since April 2022 AZAHAR Cambodia (Yoga Phnom Penh Meditation and Yoga Studio) is officially a Jivamukti Yoga® Affiliate. We were awarded the affiliate status of Jivamukti Yoga, a highly respected method and school for the last 38 years. We now have 8 certified Cambodian Jivamukti teachers offering classes at our studio in Phnom Penh and are creating awareness about the yoga practice among the Cambodian community.

### **What is Jivamukti Yoga?**

Jivamukti Yoga is a path to liberation through compassion towards all beings. The Jivamukti Yoga method is a proprietary style of yoga created by David Life and Sharon Gannon in 1984.

It is a physical, ethical, and spiritual practice, combining vigorous yoga as exercise, vinyasa-based physical style with adherence to five central tenets: shastra (scripture), bhakti (devotion), ahimsā (nonviolence, non-harming), nāda (music), and dhyana (meditation). It also emphasizes animal rights, veganism, environmentalism, and social activism.

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# News from Rwanda

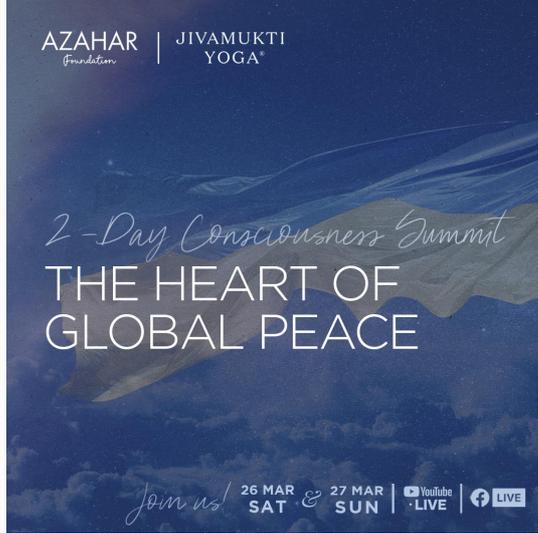


## **Continued Operations at Aheza Healing Center**

AZAHAR Foundation is facilitating healing practices at Aheza Healing Center in Bugesera, Kigali since September of 2019. During the COVID-19 pandemic surge the frequency of gatherings decreased due to the limitations put in place for physical gatherings. However, our students have continued to receive the benefits of yoga classes through a trauma-informed yoga therapeutic methodology that benefits Rwandan genocide against Tutsi survivors. Our partner, GAERG, supports mental health through counseling services that are enhanced by our therapeutic approach. Through yoga, our students can identify destructive mental patterns and regulate their physical responses and emotions within a safe setting. We are directly benefiting 80 students and around 500 people indirectly within their households, through our yoga sessions, which take place twice per month.

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## **The Heart of Global Peace**



AZAHAR Foundation and JIVAMUKTI Yoga® co-organized “The Heart of Global Peace: Collective Consciousness 2-Day Summit” during March 26<sup>th</sup> and 27<sup>th</sup>. This peace-promoting event was live-streamed through the organizations’ Facebook and reached 16,000+ people, fundraised \$5,323 for UNHCR, and engaged participants in reflection and action through practices and conversations that uplifted the human spirit in complex times. The lineup for this event was composed of 32 luminaries from many fields that integrate the peace movement and rallying their support was made possible through your leadership.

The inspirational speakers and facilitators for this event included political activist **Medea Benjamin** who unceasingly support peacebuilding and social justice within complex environments, world-renowned Jivamukti yoga teachers **Yogeswari**, **Ruth Lauer Manenti**, **Rima Rabbath**, **Jules Febre**, **Maria Macaya**, and many other influential spiritual activists who guided panel conversations, yoga and meditation sessions. Finally, music has the power of connecting people beyond their differences, and connecting people with themselves. **Krishna Das**, **Nina Rao**, **Deva Premal** and **Miten** shared the power of conscious music and chanting. **Dr. M.A. Jayashree** and **Professor M.A. Narasimhan** brought the wisdom of traditional Indian teachings to the contemporary context and through exposure to the traditional music system chanting.

To access the recorded sessions on demand for The Heart of Global Peace, **[please visit AZAHAR Foundation’s YouTube page.](#)**

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## **[Past Fundraising Events](#)**

## CELEBRATE WITH US

3-Hour Masterclass taught by  
Yogeswari, Rima and Monica



Saturday, January 29, 2022 | 4-7 pm

Proceeds to benefit AZAHAR Foundation  
Your Contribution: \$70 (tax deductible)

[soukstudio.com](http://soukstudio.com) | [azaharfoundation.org](http://azaharfoundation.org)

## SOUK

On January 29<sup>th</sup> we celebrated Souk NYC's inauguration with a masterclass by advanced certified Jivamukti teachers Rima, Monica and Yogeswari. We were happy to converge in New York City with yoga practitioners and supporters of AZAHAR Foundation in celebrating a new era. Thanks to the generous contribution of Souk NYC and our supporters, we were able to fundraise \$2,547.20 to benefit our programs.



## Fundraiser Yoga Class

"Set your intention, Practice  
and live with Grace"

with Yogeswari and Manizeh  
at Love Supreme Projects

In Studio and Live Stream

Saturday, February 19, 2022  
10-11:30am GMT  
at 92 Goldbarn Road,  
London W10 5PS

Sign up below,  
spaces are limited!



## Love Supreme Projects

On February 19<sup>th</sup>, we celebrated the opening of Love Supreme Projects in London, UK. Our fundraising yoga class was taught by advanced certified Jivamukti teachers Manizeh and Yogeswari. This was an intention filled event that allowed many yoga practitioners to converge and become acquainted with AZHAR Foundation's cause. Thanks to the generous contribution of Love Supreme Projects and our supporters, we were able to fundraise \$1,128.7 to benefit our programs.

## Practice for Peace CAMYOGA and Jivamukti Cambridge Satsang Collective

On April 3<sup>rd</sup> AZAHAR Foundation's longtime ambassador, Andrea (Radhika) Kwiatkowski, hosted a "practice for peace" yoga fundraiser event at CAMYOGA in Cambridge, UK. The yoga class

## Practice for Peace

Jivamukti Yoga  
Fundraiser Class with  
Andrea Kwiatkowski

Sunday, April 3, 2022  
2-3:30pm GMT

CAMYOGA Mitcham's Corner  
at 121 Chesterton Road  
Cambridge, UK

In Studio and Live Stream

Price: 10-30£ (sliding scale)  
to fully benefit  
AZAHAR Foundation

Sign up and information  
below, limited spaces!



CAMYOGA

was taught by Andrea. During a very difficult context, with the onslaught of violence and destruction within Ukraine, it was necessary to set a powerful intention around peace. The Cambridge Satsang Collective contributed with their presence, intention and donations to our cause. Thanks to the generous contribution of Andrea, CAMYOGA and our supporters, we were able to fundraise \$649.55 to benefit our programs.

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## Events Coming Up

- Fundraising Online Art Exhibit with [Purslane](#) during June and July 2022
- Integrated Fundraising Events in New York during June 2022

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LET'S GET SOCIAL

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**AZAHAR Foundation**

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