



GLOBAL



Finances Matter: Partnering with Accounting for International Development AfID

In the nonprofit world, finances DO matter. The ability to deliver effective services is dependent not only on solid funding for those services but also on sound management practices, of which financial management is an essential piece. Since May 2022, AZAHAR Foundation embarked on a journey to deliver more effective, efficient, and accountable services by investing in its infrastructure and strengthening its financial systems. In the current economic climate, it is increasingly relevant for organizations to adopt effective and strategic financial management practices.

We partnered with **Accounting for International Development, AfID (UK)**, an award-winning social enterprise providing charities, INGOs and social enterprises with professional accounting & financial management consultants. AfID brokered the placement of two exceptional financial and accounting advisors, Kevin Parr and Elaine Pomery, to review, redesign and operationalize our financial management and accounting systems so that we're able to be effectively focus on our mission. We have now finalized this journey and are proud to have optimized our financial platforms, processes, and procedures to ensure transparency and accountability and manage resources more effectively.

with Ukraine

During October 2022, our founder and CEO, Yogeswari and Yolanda, met with our 2022 International Jivamukti Yoga Teacher Training recipients Tatiana and Valeria Samborskaya in London to discuss and plan our 2023 program to benefit the Ukrainian diaspora community in the face of war and displacement.

Valeria and Tatiana moderated an online forum with close to 100 Ukrainian yogis and seekers during The Heart of Global Peace: 2 Day Consciousness Collective Summit earlier this year. We will continue to facilitate this initiative in addition to in-person gatherings that support healing, sharing and self-care within the Ukrainian community. Stay tuned for more information about how to join

and support these efforts.



Will you name us your Charity of Choice?

AZAHAR Foundation: Your Charity of Choice?

AZAHAR Foundation's Charity of Choice initiative was born out of a deep desire to connect and collaborate with like-minded organizations and brands to amplify our peacebuilding impact.

Souk NYC has named AZAHAR Foundation their Charity of Choice. This partner is a yoga studio in New York City which is revolutionary in its quest for disruption. They have innovated the way we move, connect, and exchange post-COVID and they love our avant-garde approach to peacebuilding and social change. We feel that our inclusion-oriented values unite our dharma and align our paths. Together, we celebrate diversity and the unconventional.

Let's create a culture of peace through the conscious practices of yoga, meditation, and the arts! And you can come along on the ride: stay tuned for all event details coming up soon.

What does the AZAHAR Foundation Charity of Choice partnership entail?

- We appeal to the social need for connection by promoting platforms and events that raise funds to support our initiatives.
- We promote the exchange of ideas and actions that empower societies to heal and strive.
- We provide spaces to facilitate social innovation, consciousness, breath,
- voice and movement-oriented approaches to healing.

Mark Your Calendars for Giving Tuesday 2022: The Day for Radical Generosity is on November 29th

What is Giving Tuesday? It's global generosity movement that unleashes the power of radical generosity around the world. This is a day that encourages people to do good and mobilize significant support.



When is Giving Tuesday? November 29th, 2022. Join the millions of generous people who do good.

Giving Tuesday has been growing exponentially the last few years because as global citizens and consumers, we know that we can make a difference in this world if we unite our efforts.

Giving Tuesday takes place right after the consumer frenzy of Black Friday, where shopping sales grow exponentially. The current trend is that giving is growing, whereas sales are slightly dropping. This means that more people are becoming aware of the impact of allocating resources where they are most needed.

What can You do? Stay tuned for **AZAHAR Foundation's campaign**, check your email, and allow yourself to be inspired. You can also share this inspiration with the people close to you and of course, you can become an active contributor by donating, especially on **November 29th, 2022**. We have many generous contributors that will match donations made on this day in the US and in the UK. If you're in the UK you can donate via our Prospero World Fundraiser.

[Donate in the US and in the Rest of the World](#)

[Donate in the UK](#)

NEWS FROM CAMBODIA

Optimizing our Human Resources: New Hires and Positions at AZAHAR Cambodia Field Office

Sorn San joined AZAHAR Cambodia's team in **September 2022** as **Field Office Manager**. He ensures effective and efficient systems and procedures are in place for harmonization, integration, and alignment of program delivery across our project portfolio. He's able to lead the staff and educators with grace and empathy while holding high regard for performance. Sorn is also concurrently putting into practice many of our key values, including collaboration & teamwork. Thus, he has quickly become a source of inspiration for all staff. Sorn also cultivates strong relationships with our local stakeholders and partners.



Chayyleang Kauy did a terrific job as interim AZAHAR Cambodia manager for one year. We are very grateful for her continued commitment. Nowadays, she serves as Training and **Development Manager** and pursues her passion by developing quality curricula and leading yoga and peace facilitation training. She also drives staff and educator engagement around AZAHAR Foundation's values and priorities.

In line with strengthening our financial systems and procedures, **Moucheyan Luy** has joined the AZAHAR Cambodia family as our **Financial and Administrative Officer**. Her role is to ensure that AZAHAR Cambodia's legal financial system is well managed and remains accountable to our stakeholders. She has been inspired by the transformative peacebuilding, yoga-related education and community development approaches that AZAHAR Cambodia pursues.



Spreading Community Wellness: Sipar, Gunze and Decathlon Partnerships

AZAHAR Cambodia continues to foster **community wellness** by spreading the practice of yoga and meditation to local organizations and businesses. One of our partners, **Sipar**, the main actors in the educational field, combating illiteracy among young people and adults through the dissemination and the promotion of books and reading for all. For **20 years**, Sipar has developed a network of various reading spaces in public primary schools, preschools, and orphanages in vulnerable communities around Cambodia.

AZAHAR Cambodia is training Sipar's social development staff in the uplifting and connection-oriented practices of yoga and meditation through weekly classes at their center. Both organizations are also discussing partnership opportunities to bring the healing practices to vulnerable community-based organizations provinces with high levels of social and economic vulnerability.

AZAHAR Cambodia's yoga teachers are also being provided platforms to share the practice and generate awareness about its benefits among the local Phnom Penh society. **Gunze Sports** Japan offers its fitness facilities to share the grounding practice of yoga twice a week and **Declathlon Cambodia** offers a free yoga class every Sunday at the Declathlon Sen Sok Sporting Goods Store.



Supporting Young Peace Makers at Happy Chandara School

Did you know that our programs in Cambodia started with providing exposure to yoga and meditation practices to young children from underprivileged backgrounds? Many of these young children, mostly young girls, have grown to be committed women who share the

transformative power of yoga, meditation and healing practices with the Cambodian society.

We have now relaunched our work with rising young peace makers through our partnership with Happy Chandara School. Both our organizations share a common goal, to promote education and well-being for young women in Cambodia. **Happy Chandara School** is committed to promoting quality education for woman in Cambodia through the free education of disadvantaged girls from primary school to high school with **over 1200 students**.

AZAHAR Cambodia provided **4 yoga classes per day during their 2022 August Summer Camp for three weeks**. This summer camp included academic support, and educational and sports activities. The young peace makers portrayed joy through their smiling faces after taking each class, which provided an opportunity to connect with themselves at an individual and collective level.

NEWS FROM RWANDA

Meet our New Country Co- Coordinators



Congratulations to Emmanuel Manirarora and Alexis Havugimana who have been appointed Country Co-Coordiators for AZAHAR Rwanda. They continue to support their communities as yoga facilitators but have also been hard at work enhancing and extending partnerships with Agahozo Shalom Youth Village and Aheza Healing and Career Center. AZAHAR Rwanda's activity level with these communities has increased significantly and we now hold a weekly presence at each of these locations.

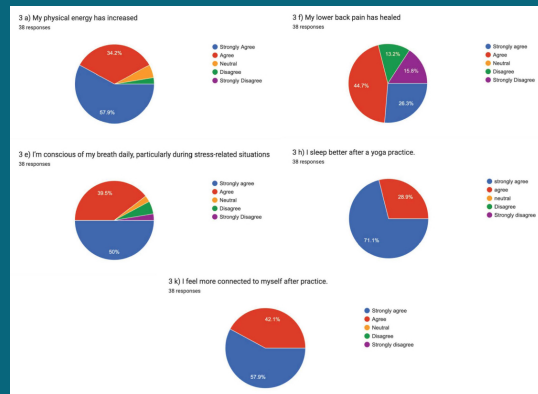
Emmanuel & Alexis possess several years of experience developing capacity and certifications in yoga Qigong, Tai chi and Breath, Body, and Mind (BBM)

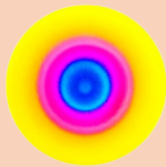
and nonprofit management.

The Change We Facilitate: According to our Beneficiaries at AHEZA

As part of AZAHAR Rwanda's monitoring, evaluation and learning efforts, surveys were conducted amongst a representative sample of our program beneficiaries to assess the effects of our yoga program at **AHEZA Healing and Career Center**.

We were able to determine that the yoga practice is having a direct positive effect in the lives (bodies and minds) of elderly genocide survivors that participate in our classes. **92%** of participants report that their energy level has increased since participating in the classes. Additionally, **90%** of participants are now more conscious of their breath, particularly in stress-related situations. Among the physical benefits, **70%** agree that their lower back pain has healed by engaging in the yoga practice and **100%** of participants agree that they sleep better after they have practiced. This last piece of data is astounding as insomnia was very common amongst the vast majority since the onset of the program. Finally, **100%** of participants feel more connected to themselves after a class.





**L O V E
SUPREME**
P R O J E C T S



**SUNDAY
SPECIAL**

OCTOBER 23



Past Fundraising Events

One Very Special Sunday at Love Supreme Projects

On October 23rd, 2022, **Love Supreme Projects** organized its monthly **Sunday Special Fundraiser** to benefit AZAHAR Foundation and raised close to **\$1,000**. A total of **68 people** participated in this event filled with heart and a spirit of community. The class was facilitated by **Yogeswari, Manizeh Rimer and Luis Valentine**. A very special thank you to all who joined this wonderful event.

AZAHAR Foundation

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