Integral Yoga Institute
New York City

2020
THE YEAR IN REVIEW
Our Annual Report
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If you are like me, you first came to Integral Yoga to learn to do Yoga. However, perhaps you soon found that you had discovered your spiritual home—a place where your soul could “hang its hat.” The hook for you may have been the logo with the credo: “Truth is one, paths are many,” or there may have been something else that drew you in. For me, my mind was blown by the Yogic teaching that there is a place in us—an Essence—that is always peaceful and happy. No one and nothing can take that away from us, and no one and nothing can give it to us. In other words, our state of mind is not dependent on the circumstances of the external world. This was something that I never learned anywhere else.

Applying and holding onto this great Truth has been a challenge this past year—both personally and organizationally. Personally, it comes and goes; I’d give myself a B-.

Organizationally, I feel that our team has done much better. I’m very impressed with how the IYI has worked diligently, with all our creative juices flowing, to face the challenges of this past year. True, times are hard. Many Yoga studios and centers are struggling or have closed. I don’t want to downplay the difficulties that lie ahead of us. But the last thing we need is to
let our spirits sink, or to wish things would go back to “the good old days,” and to grumble about how difficult life is.

As Yogis, we can keep our heads clear, our hearts open, and our faith strong in the Cosmic Intelligence.

It is painful that we can’t be physically together. But the virus has also brought the Integral Yoga family closer together. It’s wonderful to see in my Level II class on Saturday mornings, people attending from England, Sweden, Moldova, and various cities throughout the U.S. And this is happening in many of our classes and workshops.

At a time like this, I find that it is especially important that I make that little extra effort to reach out and to connect with someone from the heart. Whenever I do this, it feels to me that I’m the one receiving the benefit.

Hopefully you will feel that way when you reach out and connect with any of us at the IYI. Please join us in any way that is right for you (even a good thought) to work toward the success of your New York IYI, as we continue to share the sacred science of Yoga with our city (and now with Zoom) around the world.
As Integral Yoga celebrates 50 years in Greenwich Village this year, I’m in awe of the timeless nature of these traditional Yogic teachings and the impact this organization has on our local and global Yoga communities. We were one of the first Yoga studios in New York City, created one of the first Yoga teacher training programs in North America, and we continue to be a pioneer and leader through our Yoga Therapy Certification program. During COVID-19, we have offered an astounding number of LIVE offerings—40 online Yoga classes each week along with over 100 workshops and an impressive array of virtual teacher training.

The Integral Yoga approach—focused on the mind, the body, and the spirit—is much more than a fitness class. It is an opportunity to go deeper, a space to connect on an authentic level with yourself and the community, and a complete system to transform lives. I humbly serve this community and with your support, Integral Yoga Institute will set the stage for the next 50 years.
Mission Statement

Integral Yoga Institute of New York is a nonprofit organization dedicated to sharing the practice and teachings of Integral Yoga, as taught by Sri Swami Satchidananda. These teachings facilitate an easeful body, a peaceful mind, a useful life, and, ultimately, the realization of one’s true Self. We encourage interfaith harmony by respecting all the world’s faiths. Our goal is to promote peace in the individual and in the world.

Integral Yoga remains unique. A complete system to transform lives by going deeper into the full spectrum of Yoga, beyond the physical into all aspects of living an easeful, peaceful, useful life.
Milestones in 2020—the Pandemic Year

After a full day of Yoga Classes, an open Shop and a session of our Spring Teacher Training (TT) onsite, the New York Integral Yoga Institute shut our building on Friday, March 13th.

On Saturday evening, March 14, Swami Asokananda conducted our first Virtual Satsang, attended by more than 100 people.

On Monday, March 20, we began Virtual Yoga Classes over Zoom. Skilled and dedicated IYI instructors adapted quickly to the new way of teaching, setting up their cameras, computers, and home spaces to continue delivering—as volunteers—the quality shared experience of Integral Yoga Hatha. Our students, also adapting to the reality of the “new (ab)normal,” have expressed their gratitude time and again.

“The Yoga classes that you offer online are a real lifeline to those fortunate enough to attend. The world has become such a dark and frightening place and finding a sliver of light hasn't been easy. Being able to look forward to the Yoga classes makes all the difference, and I'm sure that is true for a lot of people. Thank you for your vision! I miss being at IYI and hope we will be back in the future. Thanks for all you do!” —Jane W.
**Spring Teacher Training** went fully virtual over Zoom on Monday, March 16 at 9:30 a.m.

Over the past eight months, online over Zoom, the Institute:

- completed our **Spring** and **Summer Intensive Teacher Training** and completed the **Fall TT** in December.
- finished Part 2 of **Raja TT** with **Swami Ramananda** and **Swami Divyananda**
- participated in **Therapeutic Yoga TT** and **Deepening Into Therapeutic Yoga Training** with **Cheri Clampett**
- hosted **Prenatal TT** and **Postpartum TT** with **Beth Donnelly Caban** and **Lara Kohn Thompson**.
- ran **Adaptive TT** with **Hamsa Spagnola**
- continued **Ayurveda Health Counselor Training (Module 2)** with **Cory Tixier**
- joined **Accessible Yoga Training** with **Jivana Heyman**

During this year, we expanded the new **Integral Yoga Therapy Certification Program**, being offered jointly through New York IYI, San Francisco IYI, and Satchidananda Ashram-Yogaville. This 800-hour multi-year training is accredited by the International Association of Yoga Therapists.

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*I remain in awe of Integral Yoga and the teachers…Training to be an Integral Yoga therapist is online during this time which allows me to attend classes at home. I look forward to my Yoga Therapy training.*

— Soledad Soriano-Kaplan
Since March 14, IYI has offered over Zoom a **Satsang every Saturday** night, Daily free **Meditations** on Facebook, and weekly **Scripture Study**.

Virtual guest programs from luminaries of the Yoga world, **Dr. Timothy McCall, Gary Kraftsow, Corina Benner, Ohashi, Rev. Jaganath Carrera, Maria Alfaro**, and others gave these valuable offerings wider reach thanks to the opportunity to attend virtually.

**The Integral Yoga Shop** reopened for curbside service and orders through email and Instagram in September. We also reopened the **Integral Yoga Wellness Spa** with proper COVID-19 precautions in our beautiful Heaven Room.

“**Meditating with a group, together in the IYI Lotus Room or even over Zoom, is one of the most powerful experiences a human can have. I am grateful for this free offering and the connection to myself and others that it has given me.**”

— Mary Conway-Spiegel
Offerings Over the Past Fiscal Year

Your program and class fees and charitable donations support our operations. Over the last year we provided the following offerings, including many free and discounted options.

<table>
<thead>
<tr>
<th>Offer</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga Classes (Almost 10 classes a day)</td>
<td>3,500</td>
</tr>
<tr>
<td>Meditation Sessions</td>
<td>5200</td>
</tr>
<tr>
<td>Satsangs</td>
<td>52</td>
</tr>
<tr>
<td>classes donated to support 150 Women through the Coalition for the Homeless</td>
<td>16</td>
</tr>
<tr>
<td>students experienced Yoga through the Yoga At School™ program</td>
<td>500+</td>
</tr>
<tr>
<td>scripture study sessions</td>
<td>45+</td>
</tr>
<tr>
<td>discounted class visits for • seniors • students • NYC Teachers • First responders • Unemployed • Veterans • HIV • AIDS+</td>
<td>6,750</td>
</tr>
<tr>
<td>free class visits</td>
<td>2,700</td>
</tr>
</tbody>
</table>
Strengthening Community

This year, in a series of Community Meetings, our community from over five decades came together for personal mutual support and to share their vision and commitment to the future of IYI. Zoom technology allowed for an extraordinary and unique connection with members all over the world and greater participation than in person. Through these gatherings, we are building the strength of sangha, community, for the benefit of all.

Integral Yoga would not exist without the dedicated service of our volunteers. In the past year, we give special thanks to our teachers and to all our volunteers who have practiced the Integral Yoga branch of Karma Yoga (selfless service).

The Power of Prayer

Worldwide Integral Yoga ministers and leaders from several Integral Yoga Institutes and Teaching Centers have responded to more than 50 email requests for prayers since formally establishing a digital method of contact (prayer@iyiny.org) in July. As a cross-institute initiative, we have multiplied the power of our prayers for community members.

“THANK YOU SO MUCH!!!! Bless you for praying for me. I am to the MOON and back for your prayer support, honest! From my deepest grateful heart.”

—Pushpa DeMaria
Financial Report
Fiscal Year August 2019—July 2020

Revenue

Revenue sources that enable us to bring peace and health to our community

Our primary sources of funding come from teacher training, classes, and workshops. These are the main avenues through which the Integral Yoga approach for mind/body health is shared. Supplementary offerings provide additional opportunities to incorporate wellness practices including the Shop, Spa, Yoga Therapy Offerings, Yoga at Work®, and Yoga at School™, and more.

<table>
<thead>
<tr>
<th>Annual Revenue</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary Program Income</strong> (Classes, Workshops, Teacher Trainings)</td>
</tr>
<tr>
<td><strong>Supplemental Program Income</strong> (Shop @IY, Wellness Spa, Yoga Therapy, Outside Programs)</td>
</tr>
<tr>
<td><strong>Donations</strong></td>
</tr>
<tr>
<td><strong>Miscellaneous Service</strong></td>
</tr>
<tr>
<td><strong>Total</strong></td>
</tr>
</tbody>
</table>
Financial Report: Expenses

Expenses that are required for us to operate

Our primary expenses result from our beloved building - which consist of building upkeep, taxes, and salaries associated with building upkeep - and costs to run our teacher training, classes, and workshops.

![Pie chart showing annual expenses]

### Annual Expenses

<table>
<thead>
<tr>
<th>Expense Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Program Expense (Classes, Workshops, Teacher Trainings)</td>
<td>$440,000.00</td>
</tr>
<tr>
<td>Supplemental Program Expense (Shop @IYI, Wellness Spa, Yoga Therapy, Outside Programs)</td>
<td>$87,000.00</td>
</tr>
<tr>
<td>Building Expense</td>
<td>$422,000.00</td>
</tr>
<tr>
<td>Miscellaneous Expense</td>
<td>$43,000.00</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>$992,000.00</td>
</tr>
</tbody>
</table>
Financial Impact: COVID-19

COVID-19 brought significant financial constraint to our organization and it was necessary to adapt. Monthly receipts dropped more than 50% and we had to adjust our expenses. After much consideration, we made the painful decision to furlough half our staff and reduce payroll for those remaining by an additional 10%. While we quickly transitioned our offerings to online interactive Zoom classes and workshops, the volume of offerings has diminished greatly from a peak of over 100 offerings (classes and workshops) a week.
“Let us all dedicate our lives for the sake of the entire humanity. With every minute, every breath, every atom of our bodies we should repeat this mantra: “dedication, dedication, giving, giving, loving, loving.”

—Swami Satchidananda
More than Five Decades of Peace and Joy, Love and Light

For 54 years, the Integral Yoga Institute of New York has served as an oasis of peace, community, and natural health in New York City. In 2020, we celebrated 50 years in our sacred building on West 13th Street in Greenwich Village where we have served thousands of people with classes, teacher and professional training programs, Kirtans, and Yoga Life Training.

Our service has inspired Integral Yoga teachers, centers, and institutes that now serve worldwide on six of the seven continents. A major supporter of Satchidananda Ashram-Yogaville, a founding member of the Yoga Alliance and the Integral Yoga Global Network, New York IYI is the seed that helped create the mainstream acceptance of the great science of Yoga.
Enjoy this video which tells the story of Integral Yoga!

**Launching a Yoga Revolution**

Over 50-plus years of service, Integral Yoga Institute of New York has welcomed over one million student visits at affordable prices. As a non-profit, we have given away 10% of these visits for free.

Another 25% of these classes were delivered at a lower price to seniors, students, veterans, unemployed, New York City public school teachers, first responders, and our teachers.
Commitment to All People

Integral Yoga was founded on principles of ecumenism and inclusivity. In this spirit, we strengthened our commitment to do the work toward addressing the racial inequity even within our organization. In response, the Racial Diversity and Anti-Discrimination Committee (RDAD) was formed to guide and influence the organization to elevate previously unheard voices and increase diverse representation in our Yoga classes and programs and within our staff, teachers and board. Along with Integral Yoga Institute of San Francisco and Satchidananda Ashram-Yogaville, we held internal meetings and public programs to make our entire organization, culture, and policies more inclusive.
We celebrate

- Discounted classes, work exchange opportunities and scholarships throughout the years--so that anyone seeking Yoga may have yoga and no one is ever turned away
- 35 years of providing free Yoga for HIV/AIDS+
- giving over $500,000 in free classes
- 30 years of Yoga at Work©
- 18 years of Yoga At School™
- 13 years of providing free Yoga for Veterans
- 13 years of providing free Yoga to the Coalition for the Homeless First Step Program
- Decades of providing Yoga for people with chronic and life-threatening health conditions
- Partnerships in service with James Baldwin High School, the MS Society, NYU Langone Medical Center, Beth Israel Hospital, Lenox Health Greenwich Village, the Whitney Museum, the Guttmacher Institute, the New York Stock Exchange, Project NYC/The West 13th St Alliance, and others.

We also celebrate nine years as New York’s leading center for sound healing. Through our partnership with Grand Gong Master Don Conreaux, we have offered gong baths for solstice and equinox celebrations, yoga classes accompanied by gongs and bowls, professional training for gong and Tibetan bowl practitioners, and private sound healing sessions.
What Lies Ahead

Even with the challenges of 2020 which saw a large number of Yoga schools and studios close in New York City, we remain committed to continuing to serve all people—with your help and support. The next phase of our organization will unfold and take root in 2021. With Divine guidance and our dedicated staff and community, this will be the beginning of our next 50+ year history. Help us make 2021 a pivotal year for our community and launch the next 50 years of Integral Yoga Institute of New York.
Our Challenges

The COVID pandemic significantly reduced income in the last third of our fiscal year.

Our building represents the birthplace of Integral Yoga NY and is home to the spiritual blessings of our founder, Swami Satchidananda. It's also blessed by the daily energy of our shared commitment to the spiritual practices embodied within the Integral Yoga teachings. At the same time, maintaining the building represents a significant expense for the IYI given its age, property taxes, and the loss of revenue from in-person students who can't attend due to COVID.

In order to sustain the long term financial health of Integral Yoga Institute of New York, board members and stakeholders have come together to consider all of our options, including potential sale of all or part of the building and/or rentals of different portions of the building. We will continue to explore every option and work with our stakeholders and the community to make the best decisions and keep everyone informed and involved.

We need to attain significant financial support in the form of donations and grants to continue to operate. Stay tuned for the many ways donations small and large, can impact our future.

“*I know that Integral Yoga will use my donations wisely to ensure Yoga is an offering available to all. They are a true charity that has provided hundreds of thousands of classes to those in need, oftentimes the ones most in need of Yoga practices. They are worth our attention and consideration.*”

—Annual Donor
How You Can Help

**Participate:** Join our classes and programs to support your own health and peace and support the continuation of IYI. Follow us on [Facebook](#) and [Instagram](#) and leave a comment.

**Volunteer:** Integral Yoga relies on volunteers to support our work to bring the peaceful practice to all. Volunteer roles range and there is a role for everyone’s skills and capacity. Volunteer at [IYI](#).

**Committees List**
- Marketing Committee
- Fundraising Committee
- Community Committee
- Interfaith Committee
- Racial Diversity and Anti-Discrimination Committee (RDAD)
- Communications Committee
- Core Operations and Oversight Committee
- General Volunteer

**Fundraise:** Start your own fundraising campaign to support IYINY and make a difference

**Donate:** Make a [Tax-Deductible Donation](#) or

**Mail to:**
Integral Yoga Institute
227 West 13th Street
New York, NY 10011
Attn: Donations
Future Gifts: Ensure that the impact of these teachings endures through a bequest to IYINY. Contact Gopala@iyiny.org for information or to indicate that you have already included the IYINY in your estate plans.

The Integral Yoga teachings remain steady as we navigate through uncertainty, as we consider the best use of our building, and explore how we can best continue to serve, survive, and thrive.

This Annual Report is offered to our community with gratitude for your passion, your insights, and your valuable contributions to the work of the Board of Directors, Administrative Managers, and Staff. Together, we will move toward a bright future for our beloved Integral Yoga Institute.
“Personally, I’ve made so many wonderful and positive changes in my life since joining IYI, and I continue to participate in the many offerings to deepen my practice and teaching. Nowhere will one find a more devoted faculty and staff than at IYI, where selfless service to Yoga students and the community is paramount. My life will never be the same since I’ve discovered the teachings of our founder, Sri Swami Satchidananda.”

—Bhudhara Hari Kerner, Psy.D., RYT