



MEMBER SPOTLIGHT

The objective of this section is to highlight representative NAO nonprofit members of various sizes, geographic locations and subsectors to showcase the great work our members are doing across Oregon!



5100 SW Macadam Ave. Ste 360
Portland, OR 97239

www.living-yoga.org

What does your organization do? Who does it serve?

Living Yoga's mission is fostering healing and resilience through trauma-informed yoga. We provide trauma-informed services and resiliency training in order to ensure that all individuals have the tools to heal from the impacts of trauma, to prevent re-traumatization, and to realize their full potential.

Through more than 200 trained and supported volunteers, Living Yoga provides 35 weekly trauma-informed yoga classes in 25 partner site locations including corrections and reentry, addiction and recovery, and community health programs. Living Yoga also trains community members and care providers to recognize and respond to symptoms of trauma.

You can view our [most recent mission results here](#).

What's your organization's most recent accomplishment you'd like to share?

Living Yoga is proud to recognize ourselves as a social justice organization. While trauma affects everyone, it disproportionately impacts many due to racial inequities, gender disparities, and other forms of oppression. Because of this, Living Yoga is committed to increasing diversity, equity, and inclusion throughout the organization and those we serve. We are most proud of our recent accomplishments including hosting three DEI-focused continuing education workshops for volunteers in 2018 including "Trauma: The Impact of Oppression and Privilege", "Staying Vigilant, Mindful, and 'Woke'", and "Teaching Yoga in Spanish". We also recently hired an Equity and Inclusion Facilitator, and established a DEI Team of volunteers to help Living Yoga address systemic inequities in our community and throughout our organization.



How has being an NAO member helped you succeed in furthering your organization's mission?

As an NAO member, we benefit from the member discounts and resources, including hiring employees using Mac's List, and HR contracted services for example. We have also attended trainings and community networking events that were hosted or facilitated by NAO, connecting us to nonprofits and mission-aligned program leaders in our community.

We also feel lucky to be able to share our beautiful office space with NAO. Having access to resources like the conference rooms is crucial to keeping our community connected. And, we love working so close to the NAO team!

Anything else you'd like to share?

NAO is awesome! :)

*Special thanks to Avery Lewis,
Events and Communications Manager, Living Yoga*