



For the cost of one yoga class, you can change a life.

Twelve years ago [Yoga Gives Back](#) was founded in a yoga classroom in Los Angeles to express our gratitude for the gift of yoga we have received from India. Our mission is to direct the global yoga community's gratitude to empowering undeserved women and children in India to build sustainable livelihoods.

Inspired by Nobel Peace Prize recipient [Dr. Muhammad Yunus'](#) [micro financing](#) breakthrough, Yoga Gives Back began by supporting micro credit programs in India. "For the cost of one yoga class, you can change a life," became our mantra which is being proclaimed by many yoga communities globally. In 2010, YGB developed a direct funding program "Sister Aid" to fund micro loans for mothers and their young daughters' education. In 2013, YGB also launched "SHE" (Scholarship for Higher Education) to support destitute teen students to aim for college degree. YGB partnered with successful NGOs Deenabandhu Trust in Karnataka and [NISHTHA](#) in West Bengal. Growing support from yoga communities across the globe, YGB now funds more than 1,300 mothers and children with a minimum five-year commitment to each person whose life is truly transforming day by day--as documented in [YGB Films](#).

YGB recently launched our [#OneMillionYogis](#) campaign. An estimated 300 million people enjoy yoga today, generating \$80 billion annually. If [#OneMillionYogis](#) got together, we can uplift so many more lives.

Yoga Gives Back is a non-profit grass roots organization with dedicated supporters in more than twenty countries: USA, UK, Japan, Hong Kong, Italy, the Netherlands, Canada, Singapore, Thailand, Turkey, U.A.E., China and more. For more information, please visit: www.yogagivesback.org.