



## *The Yoga Estrogen Project*

The Yoga Estrogen Project is a grassroots movement that believes in the power of Yoga and Meditation to shift into personal, family and community resilience and healing, decrease violence and create positive social change. The Estrogen Project aims to be a driver of that change by offering hope and empowering women of all ages to intentionally share, teach and use the ancient teachings and practices of Yoga and Mindfulness for not only themselves, but for their families and their communities in the underserved or marginalized neighborhoods of Chicago. Through the collaborative coming together of the organizations Restored Hope, Yoga to Transform Trauma and other carefully chosen partners, the goal is to share resources and start a revolution of radical transformation and compassion one person at a time.

The Yoga Estrogen Project is open to women aged 18 years and older that are presently living at or below the poverty line in the under-served areas of Chicago. All the resources necessary to participate in the program are provided at no cost to the students through the donations of individual and studio partners in the Chicagoland area. Upon successful completion of the course that spans a period of three months, participants are paid a small stipend and are eligible to apply for a full scholarship to a partnered 200 hour Yoga Teacher Training Program in Chicago. The Study of the ancient art and science of Yoga and Meditation in its' classical form, coupled with contemporary influences and teaching serves as The Project's foundation for transformation and healing. To promote a life free from violence and other challenges particular to women, The Yoga Estrogen Project also incorporates components on trauma and recovery, domestic violence and women's health. To extend peace-keeping efforts, students in the program will leave the program with an understanding on how to lead community Healing, Peace and Restorative Circles.

Teachers facilitating the Yoga Estrogen Project represent a variety of professional vocations, are all certified Yoga Teachers and have additionally been introduced to the concepts of social justice and engagement. As the Mothers and Sisters of the program, our commitment is to share the wisdom and practice of Yoga in a safe, supportive and nurturing environment while together, we weave the threads of the ancient Circle of Women in a time that asks for transformation for generations past, present and future.

### *It's a Personal Journey.....*

- We explore the philosophy of Yoga and some of the big questions such as "why am I here" and "what's important to me?"
- We study the teachings of Yoga including Non-Violence, Truthfulness, Self Acceptance & Contentment, Commitment & Devotion and how to use the teachings both on and off the mat.
- We practice Yoga on the mat as a means of connecting with ourselves while in community
- We practice Pranayama (Breathwork) to create Mindfulness

### *We Strive to Learn About Yoga & Meditation .....*

- The basic foundational Asanas (Poses)
- The deeper aspects of different Asanas & Mudras, how each works and when to use them
- The Practice of Pranayama (Breathwork) as the creative life force
- Energy Anatomy and the Chakras
- Different ways to Meditate and use Mantras
- The basics of Yoga and why it works

*We Learn About Our Bodies & Challenges as Women to include.....*

- Our basic Anatomy & Physiology
- Women's health, wellness & Intuition
- Different types of Trauma and how we may begin to recover both individually & collectively
- How to recognize and seek support in the face of Domestic Violence

*We Learn How & Commit To Extending The Circle Within Our Homes & Communities.....*

- By understanding how to create & Healing, Peace and Restorative Circles
- How to guide Circles with sensitivity & compassion while conveying the essence & teachings of yoga
- How to begin to transform our own communities

*We Promote Self Study & Community Engagement By.....*

- Completing reading assignments
- Journaling as requested during the program
- Committing to a regular & personal Asana & Meditation practice at home
- Committing to a local Healing, Peace or Restorative Circle

*Project Meeting Times & Duration*

The Project entails a three (3) month commitment with regular attendance of 80% or more and participation during the scheduled weekly sessions which meet from 11 am – 5 pm.

*Pre-Requisites for Program*

Women wishing to participate in the Yoga Estrogen Project must.....

- Be 18 years of age or older.
- Complete a written application prior to acceptance
- Demonstrate an interest in and a commitment to herself and her community
- Possess a desire to grow, a willingness to change & a receptivity to appropriate & truthful feedback
- Make a commitment to personal "sobriety" during the program
- Have no current criminal court involvement within the past 6 months & cases will be reviewed on an individual basis.

*To join the movement or for more information please contact Tameka Walton of Restored Hope at 312-771-5664, [tamekawalton123@gmail.com](mailto:tamekawalton123@gmail.com)*



Or,

*Catherine Ashton of Yoga To Transform Trauma at 708-297-5634, [Catherine@YogaToTransformTrauma.org](mailto:Catherine@YogaToTransformTrauma.org)*



