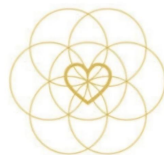


LIVE KARMA YOGA



COMMUNITY - ACCESSIBILITY
EMPOWERMENT

Summary

Live Karma Yoga is driven by community and connection. We offer Yoga, Breathwork, Mindfulness, Meditation, Movement and Wellbeing practices with a commitment to being inclusive and accessible to all. Our intention is to encourage social change and empower leaders, through uniting people from all walks of life. We welcome diversity; highlighting and collaborating with initiatives and projects that contribute to the greater good. All proceeds gained are reinvested back into the community with the shared ethos

“We are stronger together”



Live Karma Yoga is funded by community efforts, partnerships and government grants.

What we Offer
Yoga
Mentorship & Support
Movement Practices
Breathwork, Meditation & Mindfulness
Community Events & Teambuilding

Live Karma Yoga is proud to have an incredible team of over 30 teachers, each bringing a unique offering aligned with our values. Many of our teachers are deeply rooted in the communities we serve both professionally and personally.

Live Karma Yoga is run by Zara, Eva & Sarah





Outreach & Community Projects

Yoga for Schools and SEN

Yoga for Addiction

Yoga for Domestic Abuse Warriors

Yoga for the NHS

Yoga for the London Ambulance Service

Yoga for the Elderly

Yoga in Prisons & Beyond

Chair Yoga

Corporate & Team Building

Pregnancy & Fertility Yoga

Family Yoga

Mentoring

Youth Work

Community Circles & Events

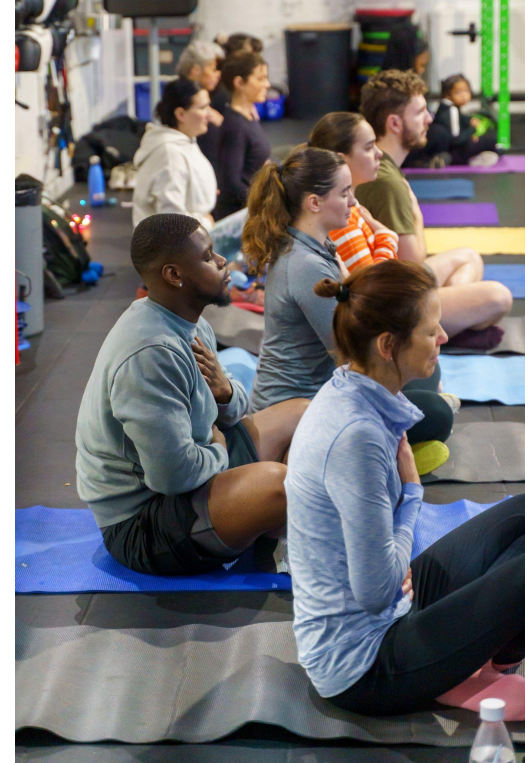
Mindfulness, Breathwork & Meditation

Sound Healing

Yoga in Green Spaces

BoYo (boxing yoga) & HIIT

Pilates

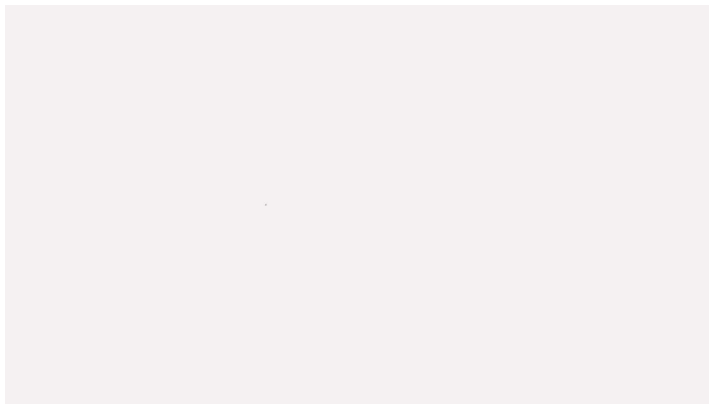


Partners

We partner with organisations, charities and local projects who share the same ethos of creating accessible practices that reach as many people as possible

Here is a short clip of our Wellbeing First project in partnership with charity Enable where we run 10 free classes on local council estates that have been highlighted for challenges around mental health, isolation & antisocial behavior.

The impact on improved wellbeing and a greater sense of community has been significant.



Learnings & Growth

- Offered many free classes in the beginning
- Zara and Eva did not get paid during the first few years (not that we recommend this). However, it helped establish our reputation and build connections.
- From connections with councils, Public Health, the NHS, etc we were able to apply for larger grants and become recognised as a valued service provider across communities.
- Now we structure our rates to cover teacher pay and other overheads, plus reinvest any additional money into classes which are not funded.
- We believe our teachers should always be paid and have a standard rate that does not change based on experience.



The Future

200Hr YTT:

- Ideally fully funded so that it is free for all to attend, or a pay what you can model
- The majority of our teachers gained scholarships through bursaries at studios we partner with. Now we would love to offer trainings ourselves.
- We are already running accessible and community yoga modules as part of studio YTTs.
- We want to offer a 200Hr that is based on LKY's experience and the components that make us what we are



LIVE
KARMA
YOGA



Join and connect with us



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