

## **Yoga Supplies Grant**

Outdoor Center, Fall 2021

### **I. Proposal Summary**

*The WWU Outdoor Center requests \$1,323.61 in order to expand the yoga program. This grant will allow us to offer clean yoga mats and props to students and staff who participate in the free classes. As a result, participants will feel more comfortable taking 60 minutes to breathe deeply and peacefully each week.*

### **II. Background**

The WWU Outdoor Center Yoga Program is the most popular free event that our Associated Students organization offers. Yoga takes place in the Viking Union Multipurpose room. This quarter between 30 and 50 students and staff have consistently shown up for 60 minutes of relaxation and deep breaths. This is a free opportunity for everyone to unwind and reflect on the week to come. These yoga classes provide critical self-care and community time that supports the mental health of many students on campus. Everyone of any yoga ability and experience is welcomed.

This quarter we hosted yoga every week on Monday from 5:00 pm - 6:00 pm. Roughly half of the individuals that come to practice yoga do not have a yoga mat. Although yoga requires very little in regards to equipment, having a yoga mat will drastically change the experience of the practice. Many of the students who do not have mats will practice on the carpet that surrounds the hardwood floor which is uncomfortable and distracts from the practice. Having a mat provides grip and support for the hands and feet.

We strive to teach and lead classes in a way that makes yoga accessible for every human in every body. Through the use of props (mats, blocks and straps) we will be able to teach classes that allow for easy accommodations to make the practice and asanas (physical postures) accessible for everyone. This could mean using the blocks to reach the floor or using a strap as an extension of your arms. Using props helps students maintain proper alignment in postures. This can prevent injury and allow practitioners to experience more physical benefits from each asana.



Figure 1: Students posing for a photo on the first day of yoga Fall quarter 2021

### **III. The Funding Impact**

We are asking for funds in order to buy yoga mats, blocks, straps, cleaning equipment, and storage in order to grow the yoga program and reach more students. This way, everyone can participate in yoga comfortably without having to buy yoga mats. The AS will benefit because more students will be able to participate in the yoga programming and student mental health will increase. It is important that we have yoga mats and equipment that is clean, comfortable, and supports participants in the yoga program. Yoga mats and equipment will help us expand the yoga program at WWU and continue to help students relax and destress from their busy college lives.

### **IV. Yoga Equipment Expenses**

Clothing rack to hang mats on for transportation and storage: \$95.99

[Amazon Link](#)

Industrial pant hangers to hang mats on clothing rack: \$18.99

[Amazon Link](#)

Witch Hazel to clean the mats x3 bottles: \$11.73

[Amazon Link](#)

Cork Yoga Blocks for support (10 two packs): \$219.90

[Amazon Link](#)

Manduka Yoga Mats (20 yoga mats): \$780.00

[Manduka Link](#)

Yoga Straps (30 for full class): \$238.50

[Amazon Link](#)

**Total Grant Amount: \$1,323.61**