

3HO FOUNDATION INTERNATIONAL

eSolstice Summit

JUNE 19 - 21, 2020

Seva



Table of Contents

3

Seva

4

*Y.O.G.A. for
Youth*

5

*3HO
Luminaries*

6

*Luminary
Non-Profits*

7

*Supporting
Mission-
Driven Work*

TOGETHER, WE CAN MAKE A DIFFERENCE

Serving is what we do and who we are. Those who have attended Summer Solstice Celebrations at Ram Das Puri know that Service and the Karma Yoga teams are a major part of the Solstice experience. The tradition of selfless service is called *seva* and can take on many forms. It can take on the form of Karma Yoga, where we clean a common sacred space, or cook food for others, as we do in community at our in-person events. Seva can be talking with someone who is in despair. Listening to them, being supportive, and allowing your presence to help ease the pain. The common denominator is that the focus is on someone or something outside of yourself. It is a service that needs nothing in return, not even acknowledgement.

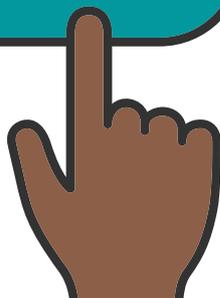
Even though we are unable to gather in person this summer in New Mexico, the tradition of *seva* is very much a part of the eSolstice experience and a core value of our Kundalini Yoga community. To bring that spirit into our eSolstice, we would like to provide a few ideas for how we can all serve during this time of great need and make *seva* a central part of the eSolstice experience.

ONE WAY TO SERVE IS TO DONATE

Ten percent of donations received for the eSolstice will go towards supporting Y.O.G.A. for Youth. This non-profit organization is dedicated to empowering youth and families in underserved communities through the principles and practice of yoga .



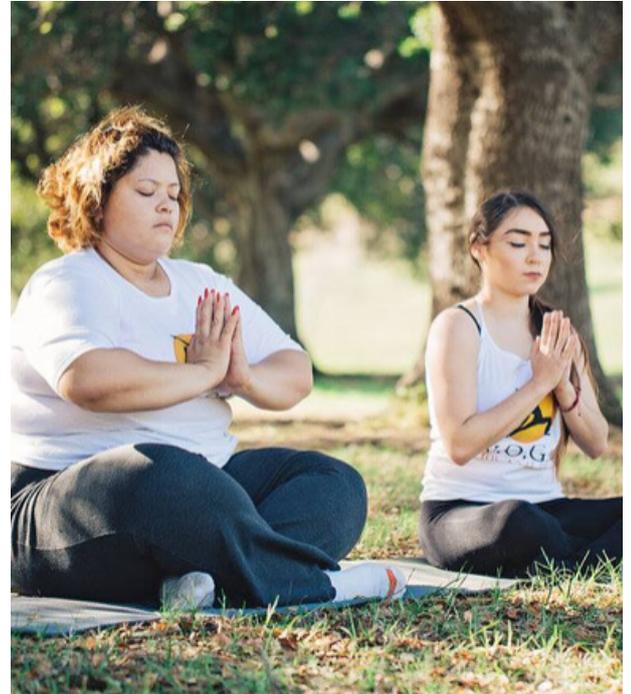
DONATE



Y.O.G.A. FOR YOUTH

Since its inception in 1998, Y.O.G.A. for Youth has served over 20,000 young people in Los Angeles county alone. And they have served youth through out the US, Canada, Mexico and parts of Europe and China. They are dedicated to creating opportunities for youth to practice yoga and relaxation in schools, community facilities, hospitals and detention centers. The Y.O.G.A. for Youth curriculum translates ancient scientific yogic tools into a language youth can understand and apply to daily life. Unique programs have been designed to combat a myriad of issues that plague our youth today including stress, anger, depression, anxiety, low self-esteem, poor concentration and obesity.

Y.O.G.A. for Youth is dedicated to empowering youth and families in underserved communities through the principles and practice of yoga.



[LEARN MORE ABOUT Y.O.G.A. FOR YOUTH](#)



3HO LUMINARIES

INSPIRING STORIES OF SERVICE

At 3HO we've been inspired by the stories of service from our fellow Kundalini Yoga Teachers who are part of the [3HO Luminaries Program](#). These extraordinary yogis are serving underserved communities all around the world.

Many of the 3HO Luminaries are leading eSolstice breakout groups and sharing their experiences in service and giving back to their communities.

Consider taking part in one of the Luminary breakout groups or by donating directly to inspiring initiatives Luminaries are involved with, in their own communities (*see next page for more information*).

[DONATE](#)



SUPPORT THESE LUMINARY NON-PROFITS

Free Minds Book Club and Writing Workshop

Free Minds uses books, creative writing, and peer support to awaken incarcerated and formerly incarcerated youths and adults to their own potential. Through creative expression, job readiness training, and violence prevention outreach, these poets achieve their education and career goals, and become powerful voices for change in the community. [LEARN MORE HERE](#)

Swaliga Foundation

Swaliga Foundation's mission is to cultivate learning globally and inspire young people to connect their passion to successful careers. In 2015, the Swaliga Foundation, under the leadership of Lemond Brown, created the Global Education Exchange Coalition (GEEC) with co-founders Denise Davidson, Ashley Sauls, and Tumi Phasha. [LEARN MORE HERE](#)

The Village Health Foundation

The Village Health Foundation was formed in 2001 to provide affordable, quality, accessible and effective holistic/complementary health services to all. They have created a culturally and linguistically sensitive environment that empowers clients, fosters their self-esteem, and encourages them to take responsibility for their own health. [LEARN MORE HERE](#)

Steady Buckets

Steady Buckets is an innovative basketball, physical fitness and life skills development program for boys and girls ages 5-18 in the greater New York City area. The program's objective is to develop hard working, resilient, empathetic and confident individuals who will make a positive contribution to their communities. Free of charge, Steady Buckets (SB), is open to all children who are willing to work hard to maximize their potential. [LEARN MORE HERE](#)



SUPPORTING MISSION-DRIVEN WORK

Although financial donations help non-profits in their mission-driven work, we all have the capacity to give generously in a multitude of ways. Whether it's making someone smile, helping a neighbor out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of kindness counts and everyone has something to give. If you are interested in ideas and discussion around how you can serve, please consider joining one of our Seva-focused Zoom breakout groups during the eSolstice Summit!

OTHER IDEAS FOR GIVING BACK TO YOUR COMMUNITY

A seemingly small act of kindness has the power to inspire generosity that can permeate society and catalyze change. Buy someone's lunch, text someone to tell them you're grateful to know them, or compliment a stranger.

It matters more than we can ever know. Get more ideas from [Kindness.org](https://www.kindness.org/) or [Pay It Forward Day](https://www.payitforward.com/).

Organize a donation drive. They're a great way to rally a group around a cause you all care about. Collect toiletries, food - just about anything can be the focus of a donation drive. Be sure to check in with the non-profit you're collecting for before you begin.

GIVE
GOODS

GIVE
KINDNESS

GIVE
TIME

GIVE
VOICE

GIVE
TALENT

Many non-profits are understaffed or operating on a small budget and can't afford the marketing, HR, technology, or planning resources that their missions deserve. Consider giving your skills!

By volunteering, you can make a difference to people & organizations in your home community, develop new skills, and learn more about issues that affect your community. Try to connect with a local non-profit in your neighborhood or check out [VolunteerMatch](https://www.volunteermatch.org/), [Points of Light](https://www.pointsoflight.org/), or [Idealist](https://www.idealists.org/).

By lending our voices to advocate for the causes and issues we care about, we can all be activists who affect the kind of change that makes our world a better place. Get some great ideas at [DoSomething.org](https://www.do-something.org/), or [Change.org](https://www.change.org/), and don't forget that you can make change in your local community.

