

## YOGA IN ACTION

The Himalayan Institute's Humanitarian Projects are yoga in action, serving impoverished communities through rural empowerment and environmental regeneration. By putting yoga philosophy into practice, our programs are empowering communities globally with the knowledge and tools needed for lasting social transformation at the grassroots level.

The projects are models of participatory and collaborative development. In each community, we employ local talent and leadership to design, implement, and evaluate innovative projects that tackle chronic problems.

## WOMEN'S EMPOWERMENT PROGRAM (WEP)

WEP serves low to mid income level women in marginalized communities of Cameroon. Our women's empowerment programs provide women with the skills and opportunities to build sustainable small businesses that help eradicate poverty and bring economic growth to rural communities. Our premier program is our jewelry-training program, Sacred Link Jewelry, which brings the beauty of the village market to the global market.

For nearly a decade, we've worked to teach jewelry making as a vocational trade. For these women, having a skill that allows them to earn an income is a matter of great pride and self-reliance. Most recently, we have begun working with women in prison. This skill development provides a source of dignity and income to support their families at home.

In Cameroon only 38% of girls are enrolled in school. Meanwhile most women occupy the role of both primary caregiver and provider within families. Women are responsible for family health, food provision through subsistence farming, and household budget management.

**Understanding basic health and hygiene, balanced diet requirements, stress management, and sound financial management will help foster safer and more supportive home environments. That is why, this year, Himalayan Institute Global Humanitarian Projects commits to raising funds to expand our Women's Empowerment Program (WEP).**

The expansion of WEP will include specialized, female-focused healthcare (specifically maternal and pre/post-natal health), stress management through yoga, financial literacy, and vocational training courses, all aimed at targeting 500-1000 women from 2017-2018.

Our goal—to empower women through healthcare knowledge, grassroots leadership, and economic development—strongly aligns with global trends in international development. By partnering with the Himalayan Institute, you will join a monumental movement happening all around the world to build **sustainable, global change through advancing women in rural communities.**

The new WEP will consist of two series of training and services: **1. Women's Health, Stress Management, and Family Financial Planning** and **2. Vocational Training in Jewelry & Beaded-Bag Making, Small Business Finance, Marketing & Sales.** The first series will be accessible at our main community center in Kumbo, Cameroon, at villages across the Northwest region, through our Total Health Mobile Units, and in partnership with local women's prisons. The second series provides an opportunity for women who desire to become entrepreneurs and provide greater income and stability for their families, and will teach how to create, start, fund, and run a small business.