



Breath of Hope Foundation
Satyagraha
Foundation
Ashram

Be the change you want to see in the world

Gandhi

The Breath of Hope Foundation, Inc. (BOH), is a not-for-profit international organization that fosters empowerment and transformation in at-risk children and communities through a therapeutic intervention of yoga. In collaboration with educators and researchers BOH is advancing knowledge of the benefits of yoga and promoting integrative healing and resiliency for trauma-affected children and other populations. Its educational and training curriculum



is designed to rekindle hope and peace in at-risk children through school/community based yoga programs that stimulate a ripple effect from the child to the family, school and beyond.

BOH has conducted extensive research in Indonesia and in Sri Lanka with victims of the 2004 tsunami, generating scientific evidence for the benefits of yoga to children and communities. The studies have established that as self-awareness of the mind-body connection is heightened, overall physical and mental health also improves, circulation and blood chemistry are boosted, and the sympathetic and parasympathetic nervous systems recover their equilibrium. Benefits to the psychological development of children include increased concentration and creativity. Their enhanced social development is reflected in a greater receptivity, sense of gratitude and generosity, and a new willingness to trust.



BOH is the seed in which Satyagraha Ashram for children was born.

“Satyagraha” is a synthesis of the Sanskrit words “Satya” (truth) and “Agraha” (holding firm), and it was characterized by Mahatma Gandhi in his peace movement. Satyagraha is

culturally sensitive; we continuously research within the culture to see how we can serve in the best possible way.

Satyagraha Ashram’s vision is to provide children with tools, which offer them a view into healthy and self-sustaining lifestyles, manifesting love and respect for the planet. At Satyagraha we are equally committed to humanity and nature. This remarkable school for organic living is nestled within the village of Nyuh Kuning, Ubud, Bali. It is surrounded by beautiful old Blanggog trees; rivers run through



the grounds, and the serenity of the landscape insulates Satyagraha from the bustle of traffic and tourism in nearby Ubud.

The Ashram garden contains an organic vegetable plot to provide the children hands-on experience of how to manifest

pesticide-free nourishment, as well as a herbal apotek. A large composting area recycles organic waste, and the Ashram’s three happy cows do their own recycling by mowing the grass, which they transform into milk, and into dung for fertilizer. Satyagraha has donated two pieces of land to the village for growing flowers that are used by the local women for temple offerings, to support the old traditional Balinese culture. In serving one another the villagers help care for our gardens at Satyagraha. A beautiful yoga shala made of bamboo provides a platform for yoga practice, in which people of all ages from nearby areas participate.



Yoga for children:

The yoga program at Satyagraha is designed to offer the children therapeutic benefits of the practices through the education of yoga, philosophy, values, meditation, breathing techniques and chanting - all in playful loving ways. The program curriculum provides life tools to the children, which strengthen them from within, giving them clarity of direction and concentration.

Here is where the program stimulates a ripple effect from the child to the family, school, community and beyond.



Yoga for teachers:

The Satyagraha Ashram provides regular intensive teacher trainings and training the trainers programs. The teacher training is a thoroughly designed program, to bring the yogic principles into the participants' lives, thereby strengthening them as individuals, inspiring them as teachers who are able to give tools of preparation for life, and nourishing the potential of each student, which altogether reinforces self sustainability.



Yoga for communities:

The community classes offer knowledge about self, sustainability... a peek into what the community can provide for itself increasing its independence and confidence. This allows the practice of yoga to grow into the local daily life.

Satyagraha is currently developing a philosophy school, which will offer philosophic and Sanskrit studies.

Satyagraha Ashram holds weekly classes in herbalism for children, focusing on the yogic principle that food is only in-taken as medicine to strengthen the body and soul. Children who come here not only learn about the healing properties of plants, but about the art of planting—from seeding to watering, weeding, composting and harvesting the fruits of their labors with love. And through this activity, they acquire self-knowledge and a profound understanding of the relationship between respect for the earth, and respect for one-another.



The healing properties of nature are also taught in Satyagraha's herbal walks, which are guided by Ni Wayan Lilir and I Made Westi. The herbal walks are a unique opportunity to explore the prolific plant life that flourishes here in Bali. Made Westi, the main herbalist for Satyagraha gardens, grew up in a family of Balinese healers and farmers who passed down their knowledge, their natural love and their understanding of traditional herbalism for generations. In the herbal walks, you will be introduced to Bali's ancient relationship to the natural world and gain insight into the techniques and practices of traditional and contemporary Balinese herbal healing.

The administrative office of The Breath of Hope Foundation and Satyagraha Ashram foundation are housed on the Satyagraha grounds in a bamboo and glass structure, built by artisans according to old traditions. Volunteers from all parts of the world come here to offer karma yoga (selfless service). Through network and collaboration with likeminded people we feel we can make a difference.



Therese Poulsen, founder/director of Breath of Hope Foundation and Satyagraha Ashram, has initiated yoga programs in schools, orphanages, and community centers in the USA, across southern Sri Lanka, Indonesia, Thailand, and Germany. Her self-sustaining work helps thousands of children to find renewed hope, strength, and confidence in the wake of disaster, as well as in life's day-to-day traumatic experiences. She has trained hundreds of teachers to carry on the program with minimal outside support. As her outreach continues, Breath of Hope Foundation / Satyagraha Ashram will continue providing services as it expands its preventative programs to new locations.





Fundraising is an integral part of any not for profit organization. These Poulsen has thus far, used much of her own capital to stabilize the projects and conduct research. A key part of the Ashram however, is Lila Bamboo - a traditional Balinese Wantilan bamboo villa with three stories - magnificent and luxurious, though thoroughly soulful. The villa was specifically built to be rented for private vaca-

tions, reunions, or small conferences and seminars. All the revenues from the rentals provide funding for the foundation's work. Lila Bamboo is one of Indonesia's tallest Wantilan structures. The traditional architecture utilizes sustainable materials: bamboo, palm leaves, alang alang, and local river stones. The interiors feature exceptional pieces of Balinese local wood and stone craftsmanship.

There is no air-conditioning - the sliding doors open to invite the breeze in - and, as in a tree house, the boundaries between inside and outside seem to dissolve. Sounds of crickets and frogs echoes like an orchestra; the scent of frangipani, the traditional Balinese temple flower, fills the air. There is a sense of living in the embrace of nature.

The house has three master bedrooms with ensuite bathrooms, a fully equipped kitchen, and generous entertaining spaces. The rental includes a full staff including car and driver. For further information about renting Lila Bamboo or taking a tour around the grounds of Satyagraha, please email satyagraha.bali@gmail.com or redlotusproperties@gmail.com



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