

House District(s)
_51_____

THE TWENTY-NINTH LEGISLATURE
APPLICATION FOR GRANTS
CHAPTER 42F, HAWAII REVISED STATUTES

Log No:

Senate District(s)
2b

For Legislature's Use Only

Type of Grant Request:

GRANT REQUEST – OPERATING

JAN 10 2019
11:24 AM

GRANT REQUEST – CAPITAL

"Grant" means an award of state funds by the legislature, by an appropriation to a specified recipient, to support the activities of the recipient and permit the community to benefit from those activities.

"Recipient" means any organization or person receiving a grant.

STATE DEPARTMENT OR AGENCY RELATED TO THIS REQUEST (LEAVE BLANK IF UNKNOWN): _____ DEPARTMENT OF PUBLIC

SAFETY _____

STATE PROGRAM I.D. NO. (LEAVE BLANK IF UNKNOWN): _____

1. APPLICANT INFORMATION:

Legal Name of Requesting Organization or Individual:
YOGA SCHOOL OF KAILUA, INC

Dba: HAWAII YOGA PRISON PROJECT

Street Address: 326 LALA PLACE, KAILUA, HI 96734

Mailing Address:

(same)

2. CONTACT PERSON FOR MATTERS INVOLVING THIS APPLICATION:

Name _____ THOMAS DIGRAZIA

Title _____ V/P

Phone # 808-262-0770

Fax # N/A

E-mail _____ digraziat001@gmail.com

3. TYPE OF BUSINESS ENTITY:

- NON PROFIT CORPORATION INCORPORATED IN HAWAII
 FOR PROFIT CORPORATION INCORPORATED IN HAWAII
 LIMITED LIABILITY COMPANY
 SOLE PROPRIETORSHIP/INDIVIDUAL
 OTHER

6. DESCRIPTIVE TITLE OF APPLICANT'S REQUEST:

INMATE LIFESKILLS AND EDUCATION YOGA PROGRAM AT
WAIAWA, OCC, AND HALAWA CORRECTIONAL FACILITIES

4. FEDERAL TAX ID #: _____

7. AMOUNT OF STATE FUNDS REQUESTED:

FISCAL YEAR 2019:

\$ 42,622

FY 2020 \$42,622

FY 2021 \$42,622

3-Year Total: \$127,866

5. STATE TAX ID #: _____

8. STATUS OF SERVICE DESCRIBED IN THIS REQUEST:

- NEW SERVICE (PRESENTLY DOES NOT EXIST)
 EXISTING SERVICE (PRESENTLY IN OPERATION)

SPECIFY THE AMOUNT BY SOURCES OF FUNDS AVAILABLE
AT THE TIME OF THIS REQUEST:

STATE \$ \$13,000

FEDERAL \$ _____

COUNTY \$ _____

PRIVATE/OTHER \$ 35,000

TYPE NAME & TITLE OF AUTHORIZED REPRESENTATIVE:

THOMAS DIGRAZIA V/P

AUTHORIZED SIGNATURE



1/5/18

DATE SIGNED

Application for Grants

If any item is not applicable to the request, the applicant should enter "not applicable".

I. Background and Summary

This section shall clearly and concisely summarize and highlight the contents of the request in such a way as to provide the State Legislature with a broad understanding of the request. Please include the following:

1. A brief description of the applicant's background;

Hawai'i Yoga Prison Project (HYPP) began in 1992 as a service-learning-stress reduction project coordinated by Louisa DiGrazia at the University of Hawai'i and the Halawa Correctional Facility. Its goal was to help inmates manage stress and anger through Yoga Practice.

By 1998, the program's success led the Department of Public Safety (DPS) to contract Ms. DiGrazia to coordinate volunteer teachers at an average of five Yoga classes per week. By 2002, the program was expanded to all four correctional facilities on Oahu. The integrated education curriculum included life skills training, stress reduction, meditation, health, mindfulness, cognitive awareness training, and well-being, and personal transformation within the context of Yoga education. Ms. DiGrazia's 501c3 Yoga School of Kailua formally initiated the *Hawai'i Yoga Prison Project (HYPP)* in 2006.

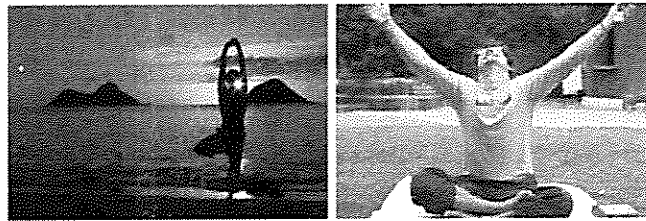
In 2008, Hawai'i state budget cuts eroded State financial support for HYPP's Yoga Practice and Life Skills classes. By 2009 the Department of Public Safety cut the correctional education funding that supported *Hawai'i Yoga Prison Project's* initiative. Despite losing all State funding, HYPP sustained classes at Waiawa, OCC, and Halawa Correctional Facilities, funding them with proceeds from Yoga School of Kailua studio classes, international teacher trainings and gifts from individuals. In 2012, partial class funding was restored by DPS for three

once a week classes by HYPP at the above facilities.

With the support and assistance of the Educational Department Supervisors at each of the above named Facilities, the HYPP has been able to expand its teaching curriculum to include a more comprehensive and holistic educational program entitled “Integrated Education Services.”

It should be noted that over the years the HYPP has also taught at the Women’s Correctional and Youth Correctional Facilities, in Kailua.

2. The goals and objectives related to the request;



*YSK's (Yoga School of Kailua's)
2016*

Hawai'i Yoga Prison Project (HYPP):

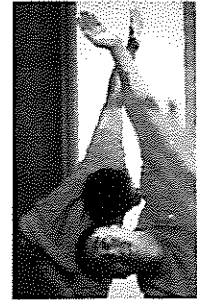
Mission Statement

The Mission Statement of the HYPP is to improve the health and well-being of inmates; to reduce their stress, anxiety, and trauma through the various practices of Yoga—particularly suppleness, breath, mindfulness and Meditation skills—helping them to improve their disposition of frequent depression, poor health, anger, violence and conflict while they are living inside Oahu's Public Safety—Correctional Facilities.

HYPP continues, in our Yoga practice training (YPT), to prepare inmates to lead creative and productive lives, to be able to successfully find employment upon release—as well as to help them accomplish and nurture healthy, thriving relationships, and mindfulness, and cognitive skills. We are providing inmates with educational tools in self-discipline, ethical values, peacemaking and cognitive skills, *and* all skills related to physical health and well-being, as well as anger-management-nimbleness, and mindfulness meditation through trauma informed Yoga instruction and discipline.

Purpose - Objective

HYPP's purpose is to teach the participating prison population through physical asana and breath—as well as the other 6 limbs of Yoga practice—to be skilled in mindfulness, meditation, and cognitive-thought-restructuring-skills. This includes the practice of understanding and reasoning skills such as hearing their own self-talk in order to live life consciously and peacefully by learning awareness, listening, and observing, *while* observing *them-selves* in any situation.

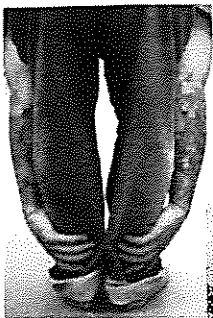


Yoga practice skills' (YPT) objectives include instructing inmates in cognitive reasoning, attention, and intellectual awareness and mindfulness for dealing with frustration, depression, anger, and ill-health, through the scientifically proven techniques of mindfulness and meditation as a key element of Yoga practice training (YPT). Teaching and providing literature in developing a personal, effective, self-improvement and living philosophy will also contribute to accomplishing these acquired skills. The latest information regarding how eating habits can cause disease and disorder are distributed as well, including how quality food choices can contribute to optimal health.

Vision

The vision of HYPP is to aid and assist Oahu's inmates to rise to their fullest potential in consciousness and awareness of their body-heart-mind and spirit. "Education programs have a positive effect on prison security and the correction environment," as taken from the DPS education vision of HCF. Our YPT educational program facilitates the mission of the Hawai'i State Prison Educational Services.

The HYPP *vision-dream* would be simply to be able to train and pay Yoga teachers to join us inside for an expanded schedule of Yoga classes in each inmate population facility on all Islands of Hawai'i. The primary goal of the HYPP's Life Skills and Education Program is to continue providing outreach services to Hawai'i inmates. With supplemental funding for its program, 75% of existing and additional inmates will be served by the program with classes held twice weekly in all three facilities on Oahu (nine additional classes, totaling 12 classes all together).



3. The public purpose and need to be served;

The prison population is one of the most needy and underserved sectors of society. The majority of convicted individuals come from economically disadvantaged backgrounds and they tend to be inadequately educated. Many suffer from ADHD, drug or alcohol addictions, post traumatic stress disorder, or have failing health. Prior to their imprisonment, few have the personal capacity for engaging in productive social behavior or the resources to obtain adequate support. Once imprisoned and released into society, they find themselves re-entering a

societal paradigm that has not changed while carrying the added stigma of being sent to prison and being an ex-inmate.

Nationwide and in the state of Hawaii, correctional facilities are burdened with over-crowding and an annual decrease in funding. With decreasing budgets for education and rehabilitation, prisons often rely on punitive measures and provide the minimum services required by law, especially in some for-profit managed prisons.

Ted Sakai, a former warden at Waiawa and former state director of public safety acknowledges a definite need for programs that offer rehabilitative services in prisons. Programs such as vocational training, work furloughs, recreation, and substance abuse counseling are necessary elements of a proactive prison environment. Yoga practice can have a longer positive change effect on inmates and in combination with other correctional programs can be even more effective. Yoga practice supports and enhances the objectives these programs have to offer by working with the individual's capacity for rehabilitation and long-term change.

Prison life for inmates tends to be a breeding ground for mental, emotional and physical distress. Experiences of anxiety, depression, hopelessness, grief, and fear can be greatly increased under incarcerated conditions. Psychiatrists, psychologists and clinical social workers acknowledge that embodiment practices such as Yoga practice can greatly help people alleviate the symptoms that lead to both reactive behaviors and stress related disease. Yoga practice is particularly helpful because it includes universal aspects of *pono* living such as *do no harm, honesty in all matters, non-stealing, cleanliness, greedlessness, and sustaining the wonder of life* through mindfulness and meditation. Learning a discipline in prison for mindful awareness and embodiment is not only important for supporting behavioral rehabilitation it is also critical for physical and emotional well being.

Director of Corrections for California, and former San Quentin State Prison warden Jeanne Woodford stated in an interview with Yoga Journal Magazine that, "Bringing in programs that offer inmates a different way of looking at the world is important. We need to show them possibilities so they can make better choices. Yoga practice is an excellent way to do that because it teaches self-discipline and an understanding of body, mind, and soul," as well as a renewed self-empowerment to succeed in these ideals.

When asked what changes she observed in inmates arising from their participation in Yoga practice, mindfulness and meditation practice she stated, "I saw a calmness in them—even in the way they approached a conflict in the yard or spoke to other inmates. An inmate once told me,

'People think that we made a decision to commit a crime, really it's a lack of a decision.' In most cases, people commit crimes out of impulse—while they're high or angry. Programs that teach inmates to reflect (mindful training) rather than react are very helpful to change behavior.” It is her goal to bring Yoga practice and meditation into all of California's prisons. (See: <http://www.yogajournal.com/lifestyle/1734>)

Hawaii inmates have also found success with HYPP's Yoga practice programs. In one inmate's words:

“I cannot even begin to relate just how beneficial my introduction to Yoga (practice) has been, I will try. I am 50 years old and the end product of years of risk associated activities as well as sporadic periods of drug and alcohol abuse. My career in construction coupled with the aforementioned activities has taken its toll physically and mentally on my overall being: scarred, broken, bruised, and confused. Yoga practice is a practice that has focused my mind, begun the re-alignment of my twisted, crooked body, and invigorated my sense of self-worth and purpose. It has challenged my parameters and dedication to something that is demanding, painful, yet I know already to be rewarding.” *S (age 50)*

(See Appendix A for additional participants responses)

Yoga practice is holistic and works with the individual in three realms: physical, mental, and spiritual. Studies have shown that Yoga practice can augment treatment for common ailments such as diabetes, chronic pain, high blood pressure and addictions. Self-awareness, focus, stress release, mindfulness, and meditation become possible through the physical practice of Yoga postures and guided breathing techniques. Meditation in Yoga practice is seen as understanding the fluctuations of the mind. Through this understanding one is able to identify internal conflicts, to recognize personal disharmony, and to expand the conscious awareness of thought and behavior patterns.

For inmates, Yoga practice, mindfulness, stress release, and meditation bridge their ability to become aware of inappropriate reactions to life circumstances. Through this awareness they are better able to cope with past wrongdoings and can identify and initiate the necessary steps to their personal response for restitution. Their exposure to the Yoga program while incarcerated empowers inmates to foster a sense of self-efficacy and personal discipline that opens and readies them for commitment to rehabilitation, continuing education, employment, and to being a law-abiding citizen. They become better equipped to utilize what programs the correctional facility has to offer them on their path to a successful re-entry into society. They are also better at understanding and seeking right relationship with significant others in their lives.

4. Describe the target population to be served;

Inmates incarcerated at all three of Oahu's male correctional facilities; and

5. Describe the geographic coverage.

Our geographic coverage would be the island of Oahu, and hopefully expanding to the other main Hawaiian Islands.

II. Service Summary and Outcomes

The Service Summary shall include a detailed discussion of the applicant's approach to the request. The applicant shall clearly and concisely specify the results, outcomes, and measures of effectiveness from this request. The applicant shall:

1. Describe the scope of work, tasks and responsibilities;

See response to Question I. 2, above. Additionally, the senior Yoga practice teacher will be responsible for the recruitment, training, institutional orientation and supervision of all Yoga teachers who will be servicing HYPP's program inside all three correctional institutions. Objective methods and standards for monitoring and reviewing the Program's effectiveness will be developed by the senior teacher in cooperation with Community Services Analysis, LLC (see answer to # 4, below). The senior teacher will also work with new teachers hired with grant money. These new teachers will be tasked and responsible for preparing and teaching at least two additional classes per week at each correctional institution. They will also be tasked with monitoring inmate-student journals and participation records.

2. Provide a projected annual timeline for accomplishing the results or outcomes of the service;

HYPP expects that the additional classes at each institution will commence and training of all Yoga practice teachers will be completed in the first six months to a year of grant operation (2018). In order to measure the effectiveness of our Program, we are respectfully requesting two additional years of funding from the Legislature. The first two years after release from a correctional institute are the most difficult for inmates with the highest recidivism rates experienced during this period. Thus a three-year grant program will allow us to evaluate inmates who have participated in our program as described in #'s 3 & 4, below.

3. Describe its quality assurance and evaluation plans for the request. Specify how the applicant plans to monitor, evaluate, and improve their results; and

At the end of each semester participating inmates are required to complete two evaluations. The first is to evaluate the professionalism and competence of the trained teacher(s). The second evaluation is to evaluate one's success and personal transformation as a participant in the Yoga Life Skills and Education Program. Hawaii Yoga Prison Project is also initiating collaboration with university researchers to further study the effects of Yoga practice and meditation practice on inmates and how Yoga practice affects inmate recidivism rates.

4. List the measure(s) of effectiveness that will be reported to the State agency through which grant funds are appropriated (the expending agency). The measure(s) will provide a standard and objective way for the State to assess the program's achievement or accomplishment. Please note that if the level of appropriation differs from the amount included in this application that the measure(s) of effectiveness will need to be updated and transmitted to the expending agency.

The Hawaii Yoga Prison Project will continue to offer support for the administrators of all three Correctional Facilities in the combined mission to help inmates successfully re-enter the community upon release. With continuity of additional classes it is expected that within the correctional environment there will be a reduction in violence, and a safer facility for both inmates and staff. HYPP expects that the overall health, physical and mental, of participating inmates will continue to improve with less chronic and other ailments being treated within each institution. When inmates are released they will have within them the tools for self-discipline, cognitive awareness of thought activity, willingness for non-violent behavior, and the means for self-care, thus reducing recidivism rates for program participants.

Objective methods and standards for monitoring and reviewing the Program's effectiveness will be developed in cooperation with Community Services Analysis LLC. Community Services Analysis LLC (CSACO) is a leading provider of Economic Impact and Social Return on Investment analysis services in the United States. They are the initial organization in the U.S. to be a member of the Social Value International (the international standards, accreditation, an assurance organization), and a founding member of the Social Value – United States national affiliate group. CSACO is also a full member of SIAA (the Social Investment Analyst's Association) and

the American Evaluation Association. In 2013 the National Legal Aid & Defender Association-following an extensive review of alternative suppliers and peer review examinations by NLADA personnel and outside parties-has entered into a joint agreement to bring the benefits of an SROI (Social Return On Investment) report to Legal Aid organizations.

CSACO has completed over 100 Economic Impact/SROI projects for Legal Aid groups throughout the United States, including projects for Legal Aid services and Mediation Center of the Pacific and its affiliates in the State of Hawaii.

CSACO services include value and benefit analysis of cooperative arrangements between legal aid groups and other social service organizations, and also to provide baseline value analysis, intermediate progress performance results, and final program economic impact and ROI results for grant-funded projects.

The Yoga School of Kailua has contacted CSACO about performing a Economic Impact/Social Return on Investment analysis of the proposed HYPP funding request. While an analysis agreement has not been completed, CSACO has performed initial research and determined that sufficient information exists to provide reasonable measurements of the financial impacts of this project and the long-term fiscal value of the outcome results.

III. Financial

Budget

1. The applicant shall submit a budget utilizing the enclosed budget forms as applicable, to detail the cost of the request.
2. The applicant shall provide its anticipated quarterly funding requests for the fiscal years 2019, 2020 and 2021.

Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Grant
\$10,655.50	\$10,655.50	\$10,655.50	\$10,655.50	\$42,622/year

3. The applicant shall provide a listing of all other sources of funding that they are seeking for fiscal year 2019.

Continuing the DPS contract for Yoga Program services at the three men's correctional facilities on Oahu. Also, we expect donations from our private Yoga students and Board members.

- The applicant shall provide a listing of all state and federal tax credits it has been granted within the prior three years. Additionally, the applicant shall provide a listing of all state and federal tax credits they have applied for or anticipate applying for pertaining to any capital project, if applicable.

N/A

- The applicant shall provide a listing of all federal, state, and county government contracts and grants it has been and will be receiving for program funding.

See answer to III. 3, above

- The applicant shall provide the balance of its unrestricted current assets as of December 31, 2017.

YOGA SCHOOL OF KAILUA dba HYPP

PROFIT & LOSS STATEMENT January 1 through December 31, 2017

Income

Dept. Public Safety	8640.00
Private Donations	1000.00
YSK Classes	4800.00
Teacher Training	5500.00
Total Income	19,940.00

Business Expenses

Business Registration Fees	11.00*
Yoga Alliance Registrations/Fees	988.00*
International Association	
Yoga Therapist fee	125.00
Debt Repayment	5511.00
Maintenance and Repairs	2049.00
Marketing	0.00
Miscellaneous	141.00
Travel	0.00
Credit Card Interest	105.00*
Bank fees	30.00
Liability Insurance	230.00
Total Expenses	9194.00

Operations

Books, Subscriptions, Refer...	350.00
Computer Repair	1040.00
Expendables	834.00
Office Supplies	490.00
Verizon Wireless	920.00
Website	195.00
Total Operations	3829.00*

Payroll Expenses

Cleaning	0.00
HYPP Instructors	3329.00
Office Assistant	0.00
Payroll Expenses - Other	0.00
Total Payroll Expenses	3329.00

Total Expense 16,352.00

Plus Credit Card Debt Remaining \$613.00

Grand Expense Total \$16,965

Net Income \$2975.00

Cash on Hand (1/4/18) \$2979.00

*Operational and some business expenses are included in credit card debt.

IV. Experience and Capability

A. Necessary Skills and Experience

The applicant shall demonstrate that it has the necessary skills, abilities, knowledge of, and experience relating to the request. State your experience and appropriateness for providing the service proposed in this application. The applicant shall also provide a listing of verifiable experience of related projects or contracts for the most recent three years that are pertinent to the request.

The staff and founders of Hawaii Yoga Prison Project are leaders in the nation for bringing Yoga and life skills education into correctional facilities. Twenty-four years of teaching experience in Oahu's correctional facilities has provided HYPP with vast knowledge of teaching Yoga within the constraints of correctional facilities.

The founder and president of and principle teacher for HYPP, Louisa DiGrazia has been a Yoga teacher and life skills instructor for forty-five years to a wide variety of students, including correctional inmates, veterans, elderly and general public. She is registered with the Yoga Alliance, the largest and most well known Yoga institution in the

world, at the highest level of certification—an ERYT-500. Louisa is a member of the International Association of Yoga Therapists, an association that, among other things, works with students suffering from the kinds of childhood and other traumas suffered by correctional inmates. She is the longstanding director and senior teacher at the Yoga School of Kailua, Inc., established in 2002. She is a *Phi Beta Kappa* graduate of the University of Hawai'i at Manoa in Peace Studies and minors in Hawaiian studies and anthropology. She is a teacher of Yoga teachers, and has taught throughout the US and Japan.

YSK's other principle and senior teacher, Tom DiGrazia, has been a Yoga student and teacher for nearly 42 years, and a co-founder of the HYPP. He has taught in all of Oahu's correctional facilities, especially in the early years of the Program. He is the VP, managing director, Board member, and general legal counsel for the HYPP. He is also registered with the Yoga Alliance at the ERYT-500 level. He holds a JD from Notre Dame Law School and an MA in Political Science from Rutgers University. He has taught mediation and conflict at HPU and the Richardson Law School. He is a published author.

Louisa DiGrazia and the HYPP have been under contract with the DPS and Hawaii Youth Authority during the last five-year period.

B. Facilities

The applicant shall provide a description of its facilities and demonstrate its adequacy in relation to the request. If facilities are not presently available, describe plans to secure facilities.

With the continued cooperation and support of the educational departments at each of the above named facilities, the HYPP will utilize the air-conditioned classrooms provided at each of the facilities for our Program.

V. Personnel: Project Organization and Staffing

A. Proposed Staffing, Staff Qualifications, Supervision and Training

The applicant shall describe the proposed staffing pattern and proposed service capacity appropriate for the viability of the request. The applicant shall provide the qualifications and experience of personnel for the request and shall describe its ability to supervise, train and provide administrative direction relative to the request.

In addition to the necessary skills and experience provided in IV (A), above, the HYPP proposes to concurrently train additional Yoga, life skills and education teachers in order to expand the number of classes offered in our Program. Trained Yoga teachers from around the nation seek advice, support, and training from HYPP mentors to give the gift of life skills, essays on various aspects of practice skills, and education teaching to underserved communities such as incarcerated individuals. HYPP intends to train and pay supporting staff to offer classes at all three correctional facilities. The majority of registered Yoga teachers are trained in the fundamentals of a Yoga practice yet lack additional, necessary training in the special needs of Hawaii's correctional institutions where special attention to safety, confidentiality, cleanliness, professionalism, and etiquette is mandatory. Further, the trainings offered by Hawaii Yoga Prison Project have a unique life skills component to its training that employs Yoga practice as its framework for social and personal discipline. Volunteers are trained how to lead discourse in peacemaking, non-violence, and truthfulness. They also learn how to guide journal entries and provide appropriate response to inmate inquiries.

The trainings will be held once a year by the Hawaii Yoga Prison Project and augment the Department of Public Safety's Volincore orientation program. All volunteers and educators entering Hawaii correctional facilities are required to complete the Volincore program and repeat it every three years. Combined with the efforts of Volincore the HYPP trainings will produce teachers who are able to serve to their highest potential while respecting the professional boundaries correctional institutions require.

HYPP has had great success in supervising, training, and providing administrative assistance to student teachers that have taught inside Oahu's correctional institutions primarily as volunteers under its direction. Some of these students have graduated to directing their own correctional related projects on Hawaii and in Florida.

B. Organization Chart

The applicant shall illustrate the position of each staff and line of responsibility/supervision. If the request is part of a large, multi-purpose organization, include an organization chart that illustrates the placement of this request.

All staff, paid and unpaid—numbering approximately 2-3 people, shall be under the direct training, supervision, and direction of the Program’s director and senior teacher, Louisa DiGrazia. The administrative responsibility for the Program begins and ends with Louisa.

C. Compensation

The applicant shall provide the annual salaries paid by the applicant to the three highest paid officers, directors, or employees of the organization by position.

Senior Teacher: \$17,280
Teacher 1: \$10,080
Teacher 2: \$10,080

Total Salaries: \$37,440

Please note: The balance of the requested funding (\$) will go to offset the cost of the following supplies:

The HYPP office provides all photocopied material. There is a current need to replace HYPP’s copy machine. Copying paper and printer ink will also be needed.

VI. Other

A. Litigation

The applicant shall disclose any pending litigation to which they are a party, including the disclosure of any outstanding judgment. If applicable, please explain.

None

B. Licensure or Accreditation

The applicant shall specify any special qualifications, including but not limited to licensure or accreditation that the applicant possesses relevant to this request.

See: IV. A, (above).

C. Private Educational Institutions

The applicant shall specify whether the grant will be used to support or benefit a sectarian or non-sectarian private educational institution. Please see Article X, Section 1, of the State Constitution for the relevance of this question.

N/A

D. Future Sustainability Plan

The applicant shall provide a plan for sustaining after fiscal year 2017-18 the activity funded by the grant if the grant of this application is:

- (1) Received by the applicant for fiscal year 2017-18, but
- (2) Not received by the applicant thereafter.

We will seek to become embedded as a proven and worthwhile correctional program in the DPS annual budget, as well as seeking matching grants from foundations and private donors.

E. Certificate of Good Standing (If the Applicant is an Organization)

If the applicant is an organization, the applicant shall submit one (1) copy of a certificate of good standing from the Director of Commerce and Consumer Affairs that is dated no earlier than December 1, 2016.

See attached certificate.

APPENDIX A

LU'S STUDENT'S COMMENTS – circa 2016 – I have placed below a variety of comments from Inmate Yoga Students



WAIAWA

1. Oct. 19th – 2016 –

I've been in the Yoga class at Waiawa for 10 months, during 2016. When I first began the class, it did not occur to me what kind of help I need to cure myself. That's because I had no awareness of what I was going through mentally, physically, or spiritually. As I've dedicated myself to Yoga practice I have opened my heart and mind to new healings that no other program could have accomplished. I started off with a closed mind because I came to prison and developed a "hard" attitude; as well as a violent temper towards life. Because of Yoga class I have become disciplined and able to harness inner peace within myself. I have also learned the techniques that equip myself with control over my anger and violent temper. There is no other place that I would have received this gift and training that I have inherited in the Yoga class at WCF. This has made prison worth the trip; a learning experience.

2. July – 2016 –

Throughout my time practicing Yoga, I have been able to bring myself into a peaceful moment. I am beginning to open physically as well as mentally. Learning that Yoga practice can give you more mental stimulation than actual physical stimulation, helps me to become more aware in the moment, Learning day to day that I must keep myself within every *Pico* second, I develop a greater sense of thinking. Not to spin between past and future, however, I can fully be present. I am thankful that the universe has given me an opportunity to be a student of Yoga practice by a well-bred best (teacher) Ms. Lu (Note from Lu: I taught them that the smallest increment of time that can be recorded is a *Pico* second, or that is one trillionth, or one millionth of one millionth of a second, or 0.000 000 000 001 seconds. A *picosecond* is to one second as one second is to 31,710 years!— Thoughts to contemplate. LD)

3. Dec. 14th – 2016 -

I really enjoy coming to Yoga practice on Wednesdays, it helps me greatly with stress and stretching out. Every time I leave Yoga practice I'm a much happier person. I recommend Yoga practice for all ages and sizes. The handouts are great (Lu distributes each week) with awesome information.

4. Dec. 14 – 2016 –

I need more Yoga practice. We as inmates need more Yoga class. I feel that Yoga class has more of an impact on my life than any 1.5, 2.5 etc. Yoga class gives us skills and tools that we actually would use, like *meditation*, working out. For me Yoga class helps me take control of my thoughts and actions, letting go of anger, learning to deal with life right now because Yoga practice is in the *now*, dealing with life *now*.

5. November 2016 –

Yoga practice is a way of life and it helps me to *meditate* in the moment towards my spirit, job, and all my relationships in the current moment. I'm learning to train my mind to be in the present moment. And not just existing, but living in the moment and learning to accept the moment good or bad.

6. February 17 – 2016 –

Yoga study has encouraged me to reach places in my life in which the universe in which I live in personally could not have been tapped into at all spiritually, mentally, and physically. It has been an amazing journey that has become of importance for finding solutions to overcome many obstacles in my life. Applying the intellectual techniques learned (in class) has been a gift that I may easily share with the community as well as return great energy back into the universe itself. I have been empowered in every aspect of my life, career, and relationships, as a teacher, a student, and a person.

7. October 18th – 2016 –

Ms. Lu's Yoga class has been an awakening experience. Coming to this class is a blessing because I'm learning balance through finding my center, reducing stress, learning the Yoga literature combined with practicing the techniques. My mental outlook has gained a more peaceful paradigm. I learned that thoughts can be powerful and to practice stopping the spinning mind. Yoga practice is *now*.

8. Oct. 19th - 2016 –

What I like about the Yoga class is it helps me to relieve stress and end anxiety of the day that I may have. Ms. Lu is a great person and a very good role model. Not only does Yoga class teach me Yoga, it also teaches me life skills as well. I'm more relaxed and humble after Yoga practice. I hope we can have class a few times a week instead of once a week.

9. Oct. 19th - 2016 –

What I learned in Yoga class is how to focus the mind and relax better. Yoga class has given me a different outlook on certain things in life. I have been able to obtain the skill of meditation and improved my awareness and 5 senses. Mrs. Lu is a great Yoga instructor and I believe she should continue to teach Yoga practice to us. Every class I learn something new about my body and life from her. (21)

10. Oct. 19th – 2016 –

Since I've become a Yogi, I have been able to openly express myself with others. And I've learned to openly express myself as well to myself. Living in a hostile environment Yoga practice has given me control and balance in my life. Now I am charged with the discipline to write my own life story with good intentions and great decisions. This not only helps me, it also helps anyone who may come into contact with me. For that I encourage everyone to inherit the gift of Yoga practice and share with the world. I am grateful for the opportunity.

HALAWA

11. Aug. 8 – 2016 –

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15. Oct. 11 – 2016 – OCCC Education –

I am very grateful for my class of Yoga practice. It has taught me more depth and clarity of thought. It has made me a better listener and a more patient person. The value of this Yoga practice changes lives and builds character. We are so grateful for these classes at OCCC, to help keep our minds from becoming stagnant and they help us to do our time with respect for one another.

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Participating in programs while being incarcerated is very important. Yoga practice is great because it appeals to all races, religions, and ages. Personally I love how it calms my mind and soothes my body. Lu is a great instructor; she is very personable, positive, and educating. I look forward to her class all week.

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Attending class, I've become illuminated, and continue to become enlightened and aware of what I am lacking and how I can regain it all. (the bonus is therapy for my burns) Thank you for your time, I receive it as a gift. Every Monday is a celebration. I've never felt more complete.

18. Aug. 29th – 2016 –

I give thanks to Lu DiGrazia and for the administration for making the Yoga class possible. Yoga class here at HCF has been a huge help to me in my recovery and in my life in general. I've been doing Yoga practice for some time now and when I found out it was offered here it made me happy; because I need it. I know how good it is for the mind-body-and spirit. It should be mandatory or offered as a program by the counselors. In Yoga practice, one can learn more than any other program.

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Before this Yoga class, I was unaware of me...my surroundings...and my actions. I've never been more self-aware in my life. These teachings have become a way of life for me. Yoga practice is the first step to my rise. The world is mine.

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I will start with a thank you. This class is a huge help to me. Ever sense I have been in the Hawaii correctional system I have been taking this Yoga class and I must say there is no other class that has or can help men in my recovery process as much as this Yoga class. This Yoga class is a complete program with exercise for the mind, body, and spirit. The physical tools I have gained have helped me immensely; in my everyday aches and pains, due to lack of comfort and to stress. I can say my posture and mobility is a lot better since I started doing Yoga practice. (It is) Almost as if I shed a few years. This class that Lu teaches is the whole package. It's not just the physical, the class comes complete with literature for the most useful knowledge I have ever received, when it comes to self-help recovery and maintenance for a healthy constructive life. The only problem is the class is only one day a week. We need more Yoga practice in prisons. It is spreading all over the country. It's even in public schools. Yoga practice should be taken more seriously in prisons. Help.

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2. Helps with health and living in the now.
3. My breathing and focus has been centered so that I am able to live in the moment.
4. Improvement in my purpose in life and doing away with a destructive lifestyle. I no longer want to be a slave to any vice.
5. Improve my outlook for life by setting goals and monitoring my progress towards obtaining them.
6. Lessen negative emotions and openness towards all people.
7. A sense of empathy, compassion, and forgiveness.
8. Able to regulate my state of being.

APPENDIX A

LU'S STUDENT'S COMMENTS – circa 2016 – I have placed below a variety of comments from Inmate Yoga Students



WAIAWA

1. Oct. 19th – 2016 –

I've been in the Yoga class at Waiawa for 10 months, during 2016. When I first began the class, it did not occur to me what kind of help I need to cure myself. That's because I had no awareness of what I was going through mentally, physically, or spiritually. As I've dedicated myself to Yoga practice I have opened my heart and mind to new healings that no other program could have accomplished. I started off with a closed mind because I came to prison and developed a "hard" attitude; as well as a violent temper towards life. Because of Yoga class I have become disciplined and able to harness inner peace within myself. I have also learned the techniques that equip myself with control over my anger and violent temper. There is no other place that I would have received this gift and training that I have inherited in the Yoga class at WCF. This has made prison worth the trip; a learning experience.

2. July – 2016 –

Throughout my time practicing Yoga, I have been able to bring myself into a peaceful moment. I am beginning to open physically as well as mentally. Learning that Yoga practice can give you more mental stimulation than actual physical stimulation, helps me to become more aware in the moment, Learning day to day that I must keep myself within every *Pico* second, I develop a greater sense of thinking. Not to spin between past and future, however, I can fully be present. I am thankful that the universe has given me an opportunity to be a student of Yoga practice by a well-bred best (teacher) Ms. Lu (Note from Lu: I taught them that the smallest increment of time that can be recorded is a *Pico* second, or that is one trillionth, or one millionth of one millionth of a second, or 0.000 000 000 001 seconds. A *picosecond* is to one second as one second is to 31,710 years!— Thoughts to contemplate. LD)

3. Dec. 14th – 2016 -

I really enjoy coming to Yoga practice on Wednesdays, it helps me greatly with stress and stretching out. Every time I leave Yoga practice I'm a much happier person. I recommend Yoga practice for all ages and sizes. The handouts are great (Lu distributes each week) with awesome information.

4. Dec. 14 – 2016 –

I need more Yoga practice. We as inmates need more Yoga class. I feel that Yoga class has more of an impact on my life than any 1.5, 2.5 etc. Yoga class gives us skills and tools that we actually would use, like *meditation*, working out. For me Yoga class helps me take control of my thoughts and actions, letting go of anger, learning to deal with life right now because Yoga practice is in the *now*, dealing with life *now*.

5. November 2016 –

Yoga practice is a way of life and it helps me to *meditate* in the moment towards my spirit, job, and all my relationships in the current moment. I'm learning to train my mind to be in the present moment. And not just existing, but living in the moment and learning to accept the moment good or bad.

6. February 17 – 2016 –

Yoga study has encouraged me to reach places in my life in which the universe in which I live in personally could not have been tapped into at all spiritually, mentally, and physically. It has been an amazing journey that has become of importance for finding solutions to overcome many obstacles in my life. Applying the intellectual techniques learned (in class) has been a gift that I may easily share with the community as well as return great energy back into the universe itself. I have been empowered in every aspect of my life, career, and relationships, as a teacher, a student, and a person.

7. October 18th – 2016 –

Ms. Lu's Yoga class has been an awakening experience. Coming to this class is a blessing because I'm learning balance through finding my center, reducing stress, learning the Yoga literature combined with practicing the techniques. My mental outlook has gained a more peaceful paradigm. I learned that thoughts can be powerful and to practice stopping the spinning mind. Yoga practice is *now*.

8. Oct. 19th - 2016 –

What I like about the Yoga class is it helps me to relieve stress and end anxiety of the day that I may have. Ms. Lu is a great person and a very good role model. Not only does Yoga class teach me Yoga, it also teaches me life skills as well. I'm more relaxed and humble after Yoga practice. I hope we can have class a few times a week instead of once a week.

9. Oct. 19th - 2016 –

What I learned in Yoga class is how to focus the mind and relax better. Yoga class has given me a different outlook on certain things in life. I have been able to obtain the skill of meditation and improved my awareness and 5 senses. Mrs. Lu is a great Yoga instructor and I believe she should continue to teach Yoga practice to us. Every class I learn something new about my body and life from her. (21)

10. Oct. 19th – 2016 –

Since I've become a Yogi, I have been able to openly express myself with others. And I've learned to openly express myself as well to myself. Living in a hostile environment Yoga practice has given me control and balance in my life. Now I am charged with the discipline to write my own life story with good intentions and great decisions. This not only helps me, it also helps anyone who may come into contact with me. For that I encourage everyone to inherit the gift of Yoga practice and share with the world. I am grateful for the opportunity.

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BUDGET REQUEST BY SOURCE OF FUNDS

Period: July 1, 2018 to June 30, 2019

App#

HYPP

BUDGET CATEGORIES	Total State Funds Requested (a)	Total Federal Funds Requested (b)	Total County Funds Requested (c)	Total Private/Other Funds Requested (d)
A. PERSONNEL COST				
1. Salaries	37,440			
2. Payroll Taxes & Assessments	0			
3. Fringe Benefits	0			
TOTAL PERSONNEL COST	37,440			
B. OTHER CURRENT EXPENSES				
1. Airfare, Inter-Island				
2. Insurance				
3. Lease/Rental of Equipment				
4. Lease/Rental of Space				
5. Staff Training				
6. Supplies	2,190			
7. Telecommunication				
8. Utilities				
Program Monitoring & Evaluation Costs	2,667			
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
TOTAL OTHER CURRENT EXPENSES	4,857			
C. EQUIPMENT PURCHASES	325			
D. MOTOR VEHICLE PURCHASES				
E. CAPITAL				
TOTAL (A+B+C+D+E)	42,622			
SOURCES OF FUNDING		Budget Prepared By:		
(a) Total State Funds Requested	42,622	Thomas DiGrazia 808-262-0770		
(b) Total Federal Funds Requested		Name (Please type or print) Phone		
(c) Total County Funds Requested		Signature of Authorized Official Date		
(d) Total Private/Other Funds Requested		Thomas DiGrazia V/P _____		
TOTAL BUDGET	42,622	Name and Title (Please type or print)		
3 year budget: \$127,866				

BUDGET JUSTIFICATION - PERSONNEL SALARIES AND WAGES

Period: July 1, 2018 to June 30, 2019

HYPP

POSITION TITLE	FULL TIME EQUIVALENT	ANNUAL SALARY A	% OF TIME ALLOCATED TO GRANT REQUEST B	TOTAL STATE FUNDS REQUESTED (A x B)
SENIOR TEACHER		\$17,280.00	100.00%	\$ 17,280.00
TEACHER 1		\$10,080.00	100.00%	\$ 10,080.00
TEACHER 2		\$10,080.00	100.00%	\$ 10,080.00
				\$ -
				\$ -
				\$ -
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				\$ -
				\$ -
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				\$ -
TOTAL:				37,440.00
JUSTIFICATION/COMMENTS:				
Teachers 1 & 2: 3cl/wk x \$70/cl x 48 wks=\$10,080 Sr. Teacher: 3x/wk x \$120/cl x 48 wks=\$17,280				

BUDGET JUSTIFICATION - EQUIPMENT AND MOTOR VEHICLES

Period: July 1, 2018 to June 30, 2019

HYPP

DESCRIPTION EQUIPMENT	NO. OF ITEMS	COST PER ITEM	TOTAL COST
COPY PRINTER	1.00	\$325.00	\$ 325.00
PRINTER INK B & W	12	\$876.00	\$ 876.00
PRINTER INK-COLOR	12	\$1,044.00	\$ 1,044.00
COPYING PAPER	9	\$90.00	\$ 270.00
			\$ -
TOTAL:	34		\$ 2,515.00

JUSTIFICATION/COMMENTS:

Ink & copying paper are for a 3-yr period.

DESCRIPTION OF MOTOR VEHICLE	NO. OF VEHICLES	COST PER VEHICLE	TOTAL COST
N/A			\$ -
			\$ -
			\$ -
			\$ -
			\$ -
TOTAL:			\$ -

JUSTIFICATION/COMMENTS:

BUDGET JUSTIFICATION - CAPITAL PROJECT DETAILS

Period: July 1, 2018 to June 30, 2019

HYPP

FUNDING AMOUNT REQUESTED						
TOTAL PROJECT COST	ALL SOURCES OF FUNDS RECEIVED IN PRIOR YEARS		STATE FUNDS REQUESTED	OTHER SOURCES OF FUNDS REQUESTED	FUNDING REQUIRED IN SUCCEEDING YEARS	
	FY: 2016-2017	FY: 2017-2018	FY:2018-2019	FY:2018-2019	FY:2019-2020	FY:2020-2021
PLANS						
LAND ACQUISITION						
DESIGN						
CONSTRUCTION						
EQUIPMENT						
TOTAL:		N/A				
JUSTIFICATION/COMMENTS:						

P.8

**DECLARATION STATEMENT OF
APPLICANTS FOR GRANTS PURSUANT TO
CHAPTER 42F, HAWAII REVISIED STATUTES**

The undersigned authorized representative of the applicant certifies the following:

- 1) The applicant meets and will comply with all of the following standards for the award of grants pursuant to Section 42F-103, Hawaii Revised Statutes:
 - a) Is licensed or accredited, in accordance with federal, state, or county statutes, rules, or ordinances, to conduct the activities or provide the services for which a grant is awarded;
 - b) Complies with all applicable federal and state laws prohibiting discrimination against any person on the basis of race, color, national origin, religion, creed, sex, age, sexual orientation, or disability;
 - c) Agrees not to use state funds for entertainment or lobbying activities; and
 - d) Allows the state agency to which funds for the grant were appropriated for expenditure, legislative committees and their staff, and the auditor full access to their records, reports, files, and other related documents and information for purposes of monitoring, measuring the effectiveness, and ensuring the proper expenditure of the grant.

- 2) If the applicant is an organization, the applicant meets the following requirements pursuant to Section 42F-103, Hawaii Revised Statutes:
 - a) Is incorporated under the laws of the State; and
 - b) Has bylaws or policies that describe the manner in which the activities or services for which a grant is awarded shall be conducted or provided.

- 3) If the applicant is a non-profit organization, it meets the following requirements pursuant to Section 42F-103, Hawaii Revised Statutes:
 - a) Is determined and designated to be a non-profit organization by the Internal Revenue Service; and
 - b) Has a governing board whose members have no material conflict of interest and serve without compensation.

Pursuant to Section 42F-103, Hawaii Revised Statutes, for grants used for the acquisition of land, when the organization discontinues the activities or services on the land acquired for which the grant was awarded and disposes of the land in fee simple or by lease, the organization shall negotiate with the expending agency for a lump sum or installment repayment to the State of the amount of the grant used for the acquisition of the land.

Further, the undersigned authorized representative certifies that this statement is true and correct to the best of the applicant's knowledge.

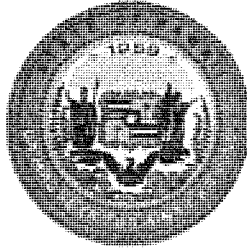
YOGA SCHOOL OF KAILUA, Inc. dba ___Hawaii Yoga Prison



1/5/18
(Date)

THOMAS
DIGRAZIA
(Typed Name)

V/P
(Title)



STATE OF HAWAII
STATE PROCUREMENT OFFICE

CERTIFICATE OF VENDOR COMPLIANCE

This document presents the compliance status of the vendor identified below on the issue date with respect to certificates required from the Hawaii Department of Taxation (DOTAX), the Internal Revenue Service, the Hawaii Department of Labor and Industrial Relations (DLIR), and the Hawaii Department of Commerce and Consumer Affairs

Vendor Name: THE YOGA SCHOOL OF KAILUA, INC.

DBA/Trade Name: HAWAII YOGA PRISON PROJECT

Issue Date: 01/10/2018

Status: Compliant

Hawaii Tax#: [REDACTED]

New Hawaii Tax#:

FEIN/SSN#: [REDACTED]

UI#: No record

DCCA FILE#: 123925

Status of Compliance for this Vendor on issue date:

Form	Department(s)	Status
A-6	Hawaii Department of Taxation	Compliant
	Internal Revenue Service	Compliant
COGS	Hawaii Department of Commerce & Consumer Affairs	Compliant
LIR27	Hawaii Department of Labor & Industrial Relations	Compliant

Status Legend:

Status	Description
Exempt	The entity is exempt from this requirement
Compliant	The entity is compliant with this requirement or the entity is in agreement with agency and actively working towards compliance
Pending	The entity is compliant with DLIR requirement
Submitted	The entity has applied for the certificate but it is awaiting approval
Not Compliant	The entity is not in compliance with the requirement and should contact the issuing agency for more information