

**THE THIRTIETH LEGISLATURE
APPLICATION FOR GRANTS
CHAPTER 42F, HAWAII REVISED STATUTES**

Type of Grant Request:

Operating Capital

Legal Name of Requesting Organization or Individual: Yoga School of Kailua, Inc (YSK) Dba: Hawai'i Yoga Prison Project (HYPP)

Amount of State Funds Requested: \$ _____

Brief Description of Request (Please attach word document to back of page if extra space is needed):

The HYPP seeks a second year of GIA funding to continue to expand the number and quality of yoga + education classes taught inside Oahu's three (3) adult male prisons.

Amount of Other Funds Available:

State: \$ _____
Federal: \$ _____
County: \$ _____
Private/Other: \$ 5225

Total amount of State Grants Received in the Past 5 Fiscal Years:

\$ 35,000

Unrestricted Assets:

\$ _____

New Service (Presently Does Not Exist): Existing Service (Presently in Operation):

Type of Business Entity:

501(C)(3) Non Profit Corporation
 Other Non Profit
 Other

Mailing Address:

326 hala Pl.
City: Kailua State: HI Zip: 96734

Contact Person for Matters Involving this Application

Name: <u>Thomas DiGrazia</u>	Title: <u>U-P</u>
Email: <u>digrazia1001@gmail.com</u>	Phone: <u>808-262-0770</u>

Federal Tax ID#: _____

State Tax ID#: _____

Thomas DiGrazia
Authorized Signature

Thomas DiGrazia -U-P
Name and Title

1/9/19
Date Signed

JAN 11 2019 CR 11:00am



**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: 12/21/2018

Status: Compliant

Hawaii Tax#: W20191052-01

New Hawaii Tax#:

FEIN/SSN#: XX-XXX6568

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 for Gov. Contract)	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

Application for Grants

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

I. Certification – Please attach immediately after cover page

1. 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, 2018.

2. Declaration Statement

The applicant shall submit a declaration statement affirming its compliance with Section 42F-103, Hawaii Revised Statutes. ([Link](#))

3. Public Purpose

The applicant shall specify whether the grant will be used for a public purpose pursuant to Section 42F-102, Hawaii Revised Statutes. ([Link](#))

II. 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 501c 3 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. With the support of DPS Director Nolan Espinda, we are hoping to add an additional Yoga class at the Women's Correctional facility in the near future.

HYPP was awarded a one year GIA in July 2018 and officially began December 1, 2018. We are respectfully requesting continued funding for the 2019-20 FY.

2. The goals and objectives related to the request;



YSK's (Yoga School of Kailua's) 2019 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, 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 themselves* in any situation.

Yoga practice skills' 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. 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 Yoga practice training 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, existing and additional inmates will be served by the program with classes held three times weekly in all three facilities on Oahu (nine additional classes, totaling 12 classes all together; with an estimate of reaching 40-60 inmate—students per week).

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 (and currently an unpaid member of YSK DBA HYPP's Board of Directors) 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 Halawa 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 participant 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.

See also a recent major article published in the Internet journal, *Civil Beat* @ www.civilbeat.org/ regarding the HYPP and its founder, Lu DiGrazia. The article by Brittany Lyte contains a video of Mark, one of Lu's inmate-students, who she has trained over the years, and is currently teaching Yoga daily at Waiawa's Cashbox Program. HYPP hopes to replica Mark's teacher training and current teaching experience at other correctional facilities on Oahu. Who better than former and present inmates teaching other inmates Yoga practice?

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.

III. 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;

With supplemental funding for its program, existing and additional inmates will be served by the program with classes held three times weekly in all three facilities on Oahu (nine additional classes, totaling 12 classes all together). Presently we serve on average 10-15 inmate-students per class at each of three facilities. By tripling the number of classes, we can potentially reach a total of 40—60 inmate students. 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. The senior teacher in cooperation with administrative staff will develop objective methods and standards for monitoring and reviewing the Program's effectiveness. 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 three additional classes per week at each correctional institution. They will also be tasked with monitoring inmate-student journals and participation records.

To date the services of four certified yoga instructors have been recruited. HYPP provided three two-hour orientations with the instructors covering grant requirements, course syllabi, and information about working within the prison system and with prisoners. Each of the yoga instructors has also successfully completed the six-hour mandatory Volincore training required by the DPS.

Senior Teacher and Program Director, Lu DiGrazia, will also provide teachers up to 15 hours of training, prior to assuming their teaching duties (or shortly thereafter) at the three correctional facilities that our Program services. Training will consist of "shadowing" Lu in her classes at all three facilities, as well as be introduced to and interfacing with the educational directors and staff at each correctional facility serviced. All training provided is designed to provide our teachers with practical teaching tips and assistance for teaching student-inmates inside correctional institutions. Teacher training will primarily occur during the first six weeks of the contract period.

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

HYPP expects that the additional three classes at each institution will commence and training of all Yoga practice teachers will primarily occur during the first six weeks of the contract period. 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, an additional two-year grant award 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

There will be pre/mid/post Program assessments to monitor Program effectiveness. A three-assessment Program approach will allow us to receive input from inmates who are unable to complete the full course of Program study due to institutional transfers, parole, disciplinary issues, and other contingencies over which our Program has no control.

At the beginning and middle of each semester a pretest will be implemented to measure student attitudes with respect to aggression and experiences with wellbeing. The post-test will include an evaluation of the professionalism and competence of the trained teacher(s) along with measures related to one's success and personal transformation as a participant in the Yoga Life Skills and Education Program.

With the addition of former DPS Director, Ted Sakai, to our Board of Directors, HYPP's Board and administrative staff will be in a much-improved position to monitor the Program's effectiveness. Ted Sakai brings decades of service as a DPS administrator, warden and state director to our Program, and is committed to assisting us in our monitoring efforts and the overall success of the Program.

Additionally, HYPP will offer in-service training to our teachers at least every six months to share information, strategies and experiences to improve the quality of services the Program will be providing to inmates.

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 HYPP program assessment consists of quantitative and qualitative measures. HPPY will implement pre-, mid-, and post-program assessments. The pre-program assessment is a 27-item instrument with 24 questions using a five-point Likert Scale, and three opened questions. The mid-, and post-program assessment is a 37-item instrument with 34 questions using a five-point Likert Scale and 3 opened questions. Assessment questions focus on aggression, self-improvement, personal transformation, and instructor professionalism. Qualitative measures include asking participants to write down their experiences with yoga.

The HYPP program assessment was developed with the following studies in mind:

- Kerekes N, Fielding C, Apelqvist S. Yoga in Correctional Settings: A Randomized Controlled Study. *Front Psychiatry*. 2017; 8: 204. Published online 2017 Oct 16. doi: 10.3389/fpsy.2017.00204
- Bilderbeck AC, Farias M, Brazil IA, Jakobowitz S, Wikholm C. Participation in a 10-week course of yoga improves behavioral control and decreases psychological distress in a prison population. *J Psychiatr Res* (2013) 47:1438–45.10.1016/j.jpsychires. 2013. 06.014
- Buss, AH, Perry, MP. The Aggression Questionnaire. *J Pers Soc Psychol* 63: 452-459. 1992.
- The Essential Properties of Yoga Questionnaire (EPYQ): Psychometric Properties. *International J Yoga Therapy*, No. 28, 2018. DOI: 10.17761/2018-00016R2

Questions on the HPPY assessment tool were adapted from:

- *The Aggression Questionnaire* by Buss & Perry (1992)
- Identified dimensions of yoga interventions measured by *The Essential Properties of Yoga Questionnaire* (2018).

- o Norwegian University of Life Sciences Question Bank for Course Evaluation. Retrieved 11/17/2018 from <https://www.nmbu.no/download/file/fid/24126>

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 continue to be developed in cooperation with assistant professor of sociology, P. Jayne Bopp, MPH, MA, University of Hawaii Leeward Community College. Prof. Bopp has over 20 years of grant management and assessment experience in the public and private sectors including both the state and federal levels.

In addition to our pre/mid/post Program evaluations, and with the hopeful cooperation of DPS administrators and ACO staff, we plan to interview correctional staff—including ACO's, education department and medical administrators to obtain a more complete picture of our Program's effectiveness on an annual basis. In December 2018, Lu and Tom DiGrazia and Ted Sakai met with DPS Director Nolan Espinda. Director Espinda indicated that he would assign a DPS administrative point person to help gather the necessary raw and other data necessary to help HYPP complete its Program evaluations.

III. Financial

Budget

1. The applicant shall submit a budget utilizing the enclosed budget forms as applicable, to detail the cost of the request.
 - a. Budget request by source of funds ([Link](#))
 - b. Personnel salaries and wages ([Link](#))
 - c. Equipment and motor vehicles ([Link](#))
 - d. Capital project details ([Link](#))

ADDENDUM A

LU'S STUDENT'S COMMENTS – circa 2016 –2018-- 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 –

Along with the obvious physical benefits I get from Yoga practice, such as flexibility, digestion, and my sciatica nerve is not as sore, I am benefiting from the meditation, mindfulness, and self-awareness practices as well. I sleep better, my stress level is lower, and I have learned to stay in the present rather than dwell in the past or worry about the future. In a stressful prison environment, I am extremely grateful for these techniques I've been taught, especially the focus on breathing. I think all inmates (and staff) benefit from the momentary break from reality I get when I transcend into a state of mindfulness. I am more aware of my surroundings, I think before I act; I consider consequences and make better choices and decisions based on self-awareness.

12. Sep. 12 – 2016 –

Ms. Lu and Yoga practice are teaching me to still my thoughts to quiet my mind to identify negative thought patterns, redirect my thinking, and avoid automatic destructive habits-thoughts. I am being shown by observing the present that I am able to remove the pains of the past and the anxiety from the imagined possible futures.

13. December 19th – 2016 -

Yoga class/practice is a wonderful blessing; a break in the monotony of a boring week. A complete mind and body workout and I am extremely thankful that you take the time to come here and guide us.

14. Nov. 21 – 2016 –

I will first of all like to thank Mrs. Lu. Lu is not only a teacher in the prison Learning Center; she is more of a mentor to those who get the opportunity to take her class. Not enough of the inmates in this system have been lucky enough to take the class. Personally we need the class 3 – 4 times a week. I'm sure this would help some inmates who have failed in other programs. You could make it a RAD recommendation like stress-reduction, only Yoga practice better. This Yoga class offers so many tools for the well-being of anyone. It's one-class-fits-all, I mean for those who are intimidated by the physical part (only one of 8 parts) will benefit tremendously from the topics of discussion alone, the handouts we get each week are full of priceless information that we can study on our own. We should have a class for just studying the handouts, aside from the physical class. So many inmates will gain so much from the Yoga practice.

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.

16. March 11 – 2014 – OCCC Education –

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.

17. Aug. 22nd – 2016 –

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.

19. Nov. 14th – 2016 –

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.

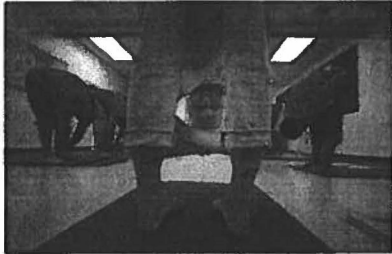
20. Nov. 14th – 2016 –

I will start with a thank you. This class is a huge help to me. Ever since 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.

INMATE EVALUATIONS
Of YOGA CLASS INSIDE
2018

• *HALAWA* October 8 – 2018

1. It has been a pleasure being in your *Yoga* class over the course of my incarceration. I have learned a great deal about myself...mind, body and spirit and I intend to use some of the tools I've learned in your class outside of these walls in my everyday life. Self-discipline and self-awareness are two of the many tools I've learned and now actually apply in my life. I wish I was a more eloquent writer so I may tell you in flashy, glowing words how much your class has meant to me, and alas, we're all only afforded so many gifts and writing is not one of mine. So, thanks for everything Lu. You're awesome and deserve a raise.



1. 2. Since I started doing *Yoga* class, *Yoga* practice has helped me physically and mentally. I have back problems and *Yoga* practice helps with it. *Yoga* practice and the postures seems to help relieve my back pains. I also feel more relaxed and less anxious since doing my *Yoga* practice.

Yoga teaching practices has taught me how to take care of my body, to be free from anxiety and depression, and to find peace in the here and now.

Yoga (practice), I believe, has helped me improve my well-being.

3. My personal experience being a part of *Yoga*, Mrs. Lu's *Yoga* class, has made me a better person. From asana practice to mental well-being. I've learned more about myself and my addiction, and how to better deal with my negative behaviors than I've gotten from any drug treatment—book or facility. I've been practicing body and mind *Yoga* for 9 months now and have made a personal breakthrough in cognitive rehabilitation. *Yoga* (practice) is simplicity, holistic and rehabilitating for me.

4. My benefits from Ms. Lu's *Yoga* class has been, are many. I have been able to calm myself and relax myself, body and mind. It has helped me to soothe myself and in turn helped me to behave and think more rationally.

The benefits I gain include a form of traction and decompression of the body and mind from the different postures and poses. If it were not for *Waiawa Correctional Facility*, its staff and Ms. Lu, I would probably never have the chance to experience *Yoga* and its benefits to my life, existence.

Yoga class has helped me to achieve a better offender outcome and not recidivate.

5. I like this class because it is a big stress reliever for me. With me, being from Maui and away from my family. I spin out a lot. And this class helps a lot. I'm not as tense and wound up. Also, I work on the farm here.



And this class helps a lot with that. My body and mind does not hurt as much anymore. Thank you. For that cause I ain't getting any younger. Another reason I like this class is cause the instructor has a good positive vibe and that helps me when I go back to the building and deal with the other inmates and ACO's.

6. December 12, 2018

"Yoga for me gave me an opportunity to like use what's tangible, which is my body, to reach something that's intangible, which is my thoughts...Real men do Yoga." M, Waiawa, age 47

7. December 12, 2018

"We're in here with so many personalities and everybody's at a different level, and this helps me from getting sucked in. I evaluate myself and the situation, so I don't get involved in something that I don't need to be involved with." D, Waiawa, age 31

8. December 12, 2018

"The reason I like it is because I was a little hesitant to do it at first because, I mean — well, you saw it! But once you do it and you give it your all — I mean you've got to laugh like you just heard the funniest joke in the world. I don't know what it does in your body, but it's like laughter and humor is good therapy and it works." R, Waiawa, age 39

e. Government contracts, grants, and grants in aid ([Link](#))

- The applicant shall provide its anticipated quarterly funding requests for the fiscal year 2020.

Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Grant
\$18,029	\$18,029	\$18,029	\$18,029	\$72,115/year

- The applicant shall provide a listing of all other sources of funding that they are seeking for fiscal year 2020.

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, grants, and grants in aid it has been granted within the prior three years and will be receiving for fiscal year 2020 for program funding.

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 the balance of its unrestricted current assets as of December 31, 2018.

YOGA SCHOOL OF KAILUA DBA HYPP

PROFIT & LOSS STATEMENT

January 1 through December 31, 2018

Income

Dept. Public Safety	9360.00
Private Donations	3400.00
YSK Classes	5200.00
Teacher Training	00.00
Total Income	17,960.00

Business Expenses

Business Registration Fees	11.00*
Yoga Alliance Registrations/Fees	988.00*
International Association	
Yoga Therapist fee	125.00
Debt Repayment	6991.00
Maintenance and Repairs	770.00
Marketing	0.00
Miscellaneous	0.00
Travel	0.00
Credit Card Interest	151.00*
Bank fees	0.00
Liability Insurance	230.00
Total Expenses	9266.00

Operations

Books, Subscriptions, Refer...	356.00
Computer Repair	450.00
Expendables	0.00
Office Supplies	290.00
Verizon Wireless	1020.00
Website	165.00
Total Operations	2281.00*

Payroll Expenses

Applicant HYPP

Cleaning	0.00
HYPP Instructors	2860.00
Office Assistant	0.00
Payroll Expenses - Other	0.00
Total Payroll Expenses	2860.00

Total Expense 14,407.00

Plus Credit Card Debt Remaining \$1033.00

Grand Expense Total \$15,440.00

Net Income 2568.00

Cash on Hand (1/4/18) \$3288.00

***Includes in-kind tax preparation contribution.**

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

IV. Experience and Capability

1. 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, particularly 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. HYPP was awarded a one year GIA in July 2018 and officially began December 1, 2018. To date additional teachers have been recruited and trained and additional classes are being scheduled.

2. 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

1. 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.

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.

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

To date HYPP has contracted the services of the following certified Yoga instructors:

P. Jayne Bopp is an assistant professor in sociology at Leeward Community College (LCC). Since 2013 she has been a 200-hour EYT certified Yoga instructor with the international accrediting organization, the Yoga Alliance. Jayne currently teaches Yoga at LCC and the Windward Family Wellness Center.

Murti Hower is a 500 ERYT through the Yoga Alliance, is co-owner of Maha Fusion Yoga, in Honolulu. He has a history with Hawaii inmates at OCCC and Halawa as a Yoga instructor. He has been teaching Yoga for over 28 years.

Larina Hawkins is a 200-hour RYT through the Yoga Alliance. She has been a Yoga practitioner since 1994 and teaches Yoga at Maha Fusion.

Tara Lavery is a 200-hour ERYT and currently teaches at the Hawaii Yoga Institute in Honolulu. She has been teaching Yoga and other healing arts for over 18 years.

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.

2. 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 4-5 people, shall be under the direct training, supervision, and direction of the Program's director and senior teacher, Louisa DiGrazia.

3. Compensation

The applicant shall provide an annual salary range paid by the applicant to the three highest paid officers, directors, or employees of the organization by position title, not employee name.

Senior Teacher: \$21,600
Teacher 1: \$12,000
Teacher 2: \$12,000
Teacher 3: \$12,000
Teacher 4: \$12,000

Total Salaries: \$69,600

VI. Other

1. Litigation

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

None

2. 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 VI. A, above.

3. 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

4. Future Sustainability Plan

The applicant shall provide a plan for sustaining after fiscal year 2019-20 the activity funded by the grant if the grant of this application is:

- (a) Received by the applicant for fiscal year 2019-20, but
- (b) 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.

BUDGET REQUEST BY SOURCE OF FUNDS

Period: July 1, 2018 to June 30, 2019

Applicant: YSK DBA HYPP 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	69,600			
2. Payroll Taxes & Assessments				
3. Fringe Benefits				
TOTAL PERSONNEL COST	69,600**			
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				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
TOTAL OTHER CURRENT EXPENSES	2,190			
C. EQUIPMENT PURCHASES	325			
D. MOTOR VEHICLE PURCHASES				
E. CAPITAL				
TOTAL (A+B+C+D+E)	72,115			
SOURCES OF FUNDING		Budget Prepared By:		
(a) Total State Funds Requested	72,115	Name (Please type or print) _____ Phone _____		
(b) Total Federal Funds Requested	0			
(c) Total County Funds Requested	0	Signature of Authorized Official _____ Date _____		
(d) Total Private/Other Funds Requested	5,225			
TOTAL BUDGET	77,340	Name and Title (Please type or print) _____		

In Kind Services: Evaluation 55 hours x \$45/hr = \$2475//

Training 60 x \$120 = \$7200

TOTAL: \$5225

Administration: \$2750

Application for Grants

BUDGET JUSTIFICATION - EQUIPMENT AND MOTOR VEHICLES

Period: July 1, 2018 to June 30, 2019

Applicant: HYPP

DESCRIPTION EQUIPMENT	NO. OF ITEMS	COST PER ITEM	TOTAL COST	TOTAL BUDGETED
COPY PRINTER	1	325	\$325 -	325
PRINTER INK B & W	12	73	\$876 -	876
PRINTER INK COLOR	12	87	\$1044 -	1044
COPYING PAPER	9	45	\$405 -	405
			\$2650 -	
TOTAL:				

JUSTIFICATION/COMMENTS:

Ink and copying paper are for a three-year period.

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

JUSTIFICATION/COMMENTS:

BUDGET JUSTIFICATION - CAPITAL PROJECT DETAILS

Period: July 1, 2018 to June 30, 2019

Applicant: HYPP

FUNDING AMOUNT REQUESTED						
TOTAL PROJECT COST	ALL SOURCES OF FUNDS RECEIVED IN PRIOR YEARS		STATE FUNDS REQUESTED	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	N/A					
LAND ACQUISITION						
DESIGN						
CONSTRUCTION						
EQUIPMENT						
TOTAL:						
JUSTIFICATION/COMMENTS:						

GOVERNMENT CONTRACTS, GRANTS, AND / OR GRANTS IN AID

Applicant: HYPP

Contracts Total: -

	CONTRACT DESCRIPTION	EFFECTIVE DATES	AGENCY	GOVERNMENT ENTITY (U.S. / State / Haw / Hon / Kau / Mau)	CONTRACT VALUE
1	GIA	2018-19	PUBLIC SAFETY	STATE	FY 2019-20 \$77,340
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
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