

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

Type of Grant Request:

Operating                       Capital

Legal Name of Requesting Organization or Individual:    DbA:  
YOGA SCHOOL OF KAILUA, INC.                                      HAWAII YOGA PRISON PROJECT (HYPP)

Amount of State Funds Requested: \$ 93,704

Brief Description of Request (Please attach word document to back of page if extra space is needed):  
We are respectfully requesting two years of funding to complete HYPP's Yoga and Education Program inside Oahu's three male correctional facilities. We need to build upon the success of our Program during the GIA FY 2018-19 to demonstrate the effectiveness of Yoga practice in building the necessary lifeskills needed to assist inmates in leading a less violent life and increasing their health and well being while incarcerated, and not returning to imprisonment.

Amount of Other Funds Available:

State:                      \$ \_\_\_\_\_  
Federal:                      \$ \_\_\_\_\_  
County:                      \$ \_\_\_\_\_  
Private/Other:                      \$ 9492

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 Lala Place

City:

Kailua

State:

HI

Zip:

96734

Contact Person for Matters Involving this Application

Name:  
Tom DiGrazia

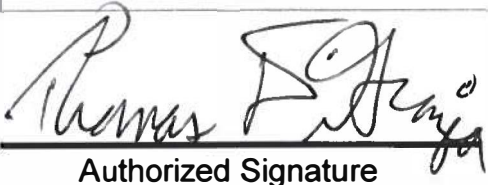
Title:  
V/P

Email:  
digraziat001@gmail.com

Phone:  
808-262-0770

F ID#:

State Tax ID#

  
Authorized Signature

Thomas DiGrazia V/P

Name and Title

**received**  
01/06/2020

1/3/20

Date Signed

Applicant Yoga School of Kailua, Inc  
DBA Hawaii Yoga Prison  
Project

## Application Submittal Checklist

The following items are required for submittal of the grant application. Please verify and check off that the items have been included in the application packet.

- 1) Certificate of Good Standing (If the Applicant is an Organization)
- 2) Declaration Statement
- 3) Verify that grant shall be used for a public purpose
- 4) Background and Summary
- 5) Service Summary and Outcomes
- 6) Budget
  - 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](#))
  - e) Government contracts, grants, and grants in aid ([Link](#))
- 7) Experience and Capability
- 8) Personnel: Project Organization and Staffing



AUTHORIZED SIGNATURE

THOMAS DIGRAZIA

PRINT NAME AND TITLE

1/3/20  
DATE



**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:**

**DBA/Trade Name:**

**Issue Date:**

**Status:**

Hawaii Tax#:New Hawaii Tax#: FEIN/SSN#:UI#:DCCA FILE#:

**THE YOGA SCHOOL OF KAILUA, INC.**

**HAWAII YOGA PRISON PROJECT**

**12/06/2019**

**Compliant**

W20191052-01

XX-XXX6568 XXXXXX8671 123925

**Status of Compliance for this Vendor on issue date:**

**Form Department(s)**

A-6 Hawaii Department of Taxation Internal Revenue Service

COGS Hawaii Department of Commerce & Consumer Affairs LIR27 Hawaii  
Department of Labor & Industrial Relations

**Status Legend:**

**Status**

Compliant Compliant Compliant Compliant

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**Status**

Exempt Compliant Pending Submitted Not Compliant

**Description**

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



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

The undersigned authorized representative of the applicant certifies the following:

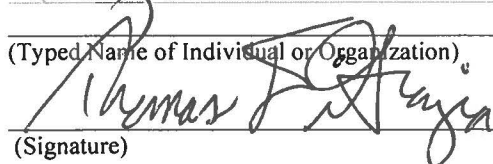
- 1) The applicant meets and will comply with all of the following standards for the award of grants pursuant to Section 42F-103, Hawaii Revised Statutes:
  - a) Is licensed or accredited, in accordance with federal, state, or county statutes, rules, or ordinances, to conduct the activities or provide 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 PROJECT

\_\_\_\_\_  
(Typed Name of Individual or Organization)



(Signature)  
Thomas DiGrazia

1/3/20  
(Date)

V/P

\_\_\_\_\_  
(Typed Name)

\_\_\_\_\_  
(Title)



**BUDGET JUSTIFICATION - PERSONNEL SALARIES AND WAGES**

Period: July 1, 2020 to June 30, 2021

Applicant: \_\_\_\_\_

**YOGA SCHOOL OF KAILUA, INC.**

POSITION TITLE	FULL TIME EQUIVALENT	ANNUAL SALARY A	% OF TIME ALLOCATED TO GRANT REQUEST B	TOTAL STATE FUNDS REQUESTED (A x B)
Senior Teacher/Director	FULL TIME	\$29,040.00	100.00%	\$ 29,040.00
Teacher 1	FULL TIME	\$19,360.00	25.00%	\$ 4,840.00
Teacher 2	FULL TIME	\$10,560.00	25.00%	\$ 2,640.00
Administrator	FULL TIME	\$29,568.00	25.00%	\$ 7,392.00
Evaluator	FULL TIME	\$1,540.00	100.00%	\$ 1,540.00
Accountant	FULL TIME	\$1,400.00	100.00%	\$ 1,400.00
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
				\$ -
<b>TOTAL:</b>				<b>46,852.00</b>

**JUSTIFICATION/COMMENTS:**

## BUDGET JUSTIFICATION - EQUIPMENT AND MOTOR VEHICLES

Period: ~~July 1, 2017 to June 30, 2018~~

July 1, 2020 to June 30, 2021

HYPP

DESCRIPTION EQUIPMENT	NO. OF ITEMS	COST PER ITEM	TOTAL COST
Yoga mats, cushions, foam blocks, and notebook for each student.			\$ -
Copying paper			\$ -
Copying machine			\$ -
Library materials			\$ -
Replenish other equipment stored at facilities			\$ -
Mat hygiene cleaner <b>TOTAL:</b>			\$ 8,060.00

**JUSTIFICATION/COMMENTS:** HYPP provides all photographic material. Instructors provide weekly handouts at HYPP expense. More detailed equipment info to follow in final budget justification.

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

**JUSTIFICATION/COMMENTS:**

**BUDGET JUSTIFICATION - EQUIPMENT AND MOTOR VEHICLES**

Period: July 1, ~~2017~~ to June 30, ~~2018~~  
12020 12021

TOTAL BUDGETED
8,060

TOTAL BUDGETED

## BUDGET JUSTIFICATION - CAPITAL PROJECT DETAILS

Period: July 1, 20~~20~~<sup>20</sup> to June 30, 20~~20~~<sup>21</sup>

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: 2015-2016	FY: 2016-2017	FY:2017-2018	FY:2017-2018	FY:2018-2019	FY:2019-2020
PLANS	N/A					
LAND ACQUISITION						
DESIGN						
CONSTRUCTION						
EQUIPMENT						
<b>TOTAL:</b>						
<b>JUSTIFICATION/COMMENTS:</b>						

**GOVERNMENT CONTRACTS AND / OR GRANTS**

App

HYPP

Contracts Total: \$93,704

	<b>CONTRACT DESCRIPTION</b>	<b>EFFECTIVE DATES</b>	<b>AGENCY</b>	<b>GOVERNMENT ENTITY</b> (U.S. / State / Haw / Hon / Kau / Mau)
1	LEGISLATIVE GRANTS-IN-AID	2020-2022	PUBLIC SAFETY	STATE
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## 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, 2019.

#### **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](#))

The Yoga School of Kailua, Inc. (YSK) affirms that the grant will only be used for public purposes pursuant to Section 42F-102, HRS.

### **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 its Program in December 1, 2018. We are respectfully requesting continued funding for the 2020-21 and 2021-22 FY's so that we can meet the below Goals, Objectives, Vision and Public Purposes.

We believe that HYPP's Program can build upon the success already realized under our FY 2018-19 GIA—as supported in the attached **Addendum A, Final GIA Report**—and become institutionalized statewide within the Department of Public Safety's (PSD) Educational Departments and annual budget. The Final Report indicated that for our participating Yoga student-inmates:

1. There was a 53% reduction from the Program's pre and post- test findings assessing aggression (e.g. thoughts and acts of physical or verbal violence).

2. Similarly there was a 64% improvement in assessing self-improvement (e.g. being able to calm the mind, relax and focus).
3. Student-inmates greatly improved their individual personal transformation related to Yoga helping with personal, mental, physical, and/or spiritual problems.
4. In student-inmates assessment of instructor competence and professionalism, our teachers scored 4.7 out of 5 with 5 being the highest score possible. **See also Addendum B, GIA Inmate Thank You's for additional indication of our Program's success.**

2. The goals and objectives related to the request;



***YSK's (Yoga School of Kailua's) 2020 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 B & C** for additional participant responses and photos.)

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/](http://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?

Additionally, KITV recently viewed a televised segment of HYPP's Program on its nightly news programs, entitled *Helping Inmates Find Peace (12/11/19)*: <https://www.kitv.com/story/41441060/hawaii-yoga-prison-project-helps-inmates-find-peace>. Finally, our HYPP Program director, Louisa DiGrazia was recently interviewed regarding our teaching of Yoga inside Oahu's correctional facilities in an article entitled *Prison Yoga* by *Hawaii Yoga Magazine* (2020 Edition, p.8).

4. Describe the target population to be served;

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

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;

Over the course of FY 2018-19 we have served 255 student inmates at all three correctional facilities. With supplemental funding for its program, existing and additional inmates can be served by the Program—depending on DPS scheduling requirements—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 through supplemental funding, we can continue to reach a weekly total of 40—60 inmate- students.

The senior Yoga practice teacher will continue to be responsible for the recruitment (if additional teachers are necessary), 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 continue to implement objective methods and standards for monitoring and reviewing the Program's effectiveness. The senior teacher will also work with any new teachers hired with grant money. These new teachers will be tasked and responsible for preparing and teaching the three additional classes per week at each correctional institution should current teachers be unable to do so. They will also be tasked with monitoring inmate-student journals and participation records.

To date the services of two additional 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 any new 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 for any new teachers will primarily occur during the first six weeks of the contract period. Additional training, as



needed, and teaching materials will be provided to our present and any additional Program teaching staff as well throughout the GIA funding 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 continue 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 provide additional Yoga training to student-inmates that will allow them to optimize their ability to not return to prison. It will also allow HYPP and DPS 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 pre-test will be implemented to measure student attitudes with respect to aggression and experiences with well-being. The post-test will include an evaluation of the professionalism and competence of the trained teacher(s) along with measures related to an inmate'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 would 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).
- 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 continued reduction in violence among participating student-inmates, 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 continued 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 at the conclusion of our Program. 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 prior to the termination of our Program.

### **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](#))
  - e. Government contracts, grants, and grants in aid ([Link](#))
  
2. The applicant shall provide its anticipated quarterly funding requests for the fiscal years 2020 and 2021.

Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Grant
\$11,713	\$11,713	\$11,713	\$11,713	\$46,852/year x 2 years = \$93,704

3. The applicant shall provide a listing of all other sources of funding that they are seeking for fiscal years 2020 and 2021.

If a competitive RFP is offered by the DPS in 2020 for Yoga services at the three men’s correctional facilities on Oahu, we will seek supplementary funding. Also, we expect to continue to receive 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

4. 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.

A FY 2018-19 GIA from the Hawaii State Legislature for \$35,000.

5. The applicant shall provide the balance of its unrestricted current assets as of December 31, 2019.

## YOGA SCHOOL OF KAILUA DBA HYPP

### PROFIT & LOSS STATEMENT

**January 1 through December 31, 2019**

#### Income

Grant-in-Aid	29,680
Dept. Public Safety	580
Private Donations	6450*
YSK Classes	4200
Teacher Training	00.00
Ombudsman Conf.	350
Studio Rental	150
<b>Total Income</b>	<b>41,4100.00</b>

#### Business Expenses

GIA Expenses	22083**
Business Registration Fees	11***
Yoga Alliance Registrations/Fees	988***
International Association	
Yoga Therapist Registration fee	125
Debt Repayment	6666
Maintenance and Repairs	434
Marketing	0.00
Miscellaneous	0.00
Travel	0.00
Credit Card Interest	375***
Bank fees	0.00
Liability Insurance	230
<b>Total Expenses</b>	<b>30,920</b>

#### Operations

Books, Subscriptions, Refer...	0.00***
Computer Repair	505
Expendables	0.00
Office Supplies	184***
Verizon Wireless	2250***

Website 170  
**Total Operations 3109\*\*\***

Payroll Expenses

Cleaning 0.00  
 HYPP Instructors 3520  
 Office Assistant 0.00  
 Payroll Expenses - Other 0.00  
**Total Payroll Expenses 3520.00**

**Total Expense 37,550.00**

**Plus Credit Card Debt Remaining \$1104**

**Grand Expense Total \$38,653.00**

**Net Income \$2757.00\*\*\*\***

**Cash on Hand (12/31/19) \$6084.00\*\*\*\*\***

\*Includes in-kind tax preparation contribution

\*\*Includes all salaries, payroll taxes, accounting fees, UI, TDI, insurance (not all taxes are included)

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

\*\*\*\*We are expecting our FY 2019 4<sup>th</sup> quarter GIA funds in early January 2020.

\*\*\*\*\*We are reserving cash for 4<sup>th</sup> Quarter payroll, taxes and related expenses.

**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, 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 were being taught at all three Oahu male correctional facilities through December 2019.

## **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.

To date, and in addition to Louisa and Tom (see above), 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.

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.

Other experienced Yoga teachers will be added as needed.

### **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/Director: \$29,040 (includes Program responsibilities and educational materials development)

Teacher 1: \$4840

Teacher 2: \$2640

**VI. Other**

**1. 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

**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.

**Final Report Assessment Summary**  
**12/07/2019**

Assessments were implemented to evaluate teacher professionalism/competence and student development with respect to levels of aggression, self-improvement, personal transformation, and health. A total of 327 pre-, mid-, and post-tests were collected from about 255 individuals. Two hundred and eight assessments were collected at HCF, 47 at OCCC, and 72 at WCF. A total 72 men completed both pre- and post-tests (in some cases the mid-test was used as a pre- or post-test). Of these, 48 were from HCF, 7 from OCCC and 17 from WCF.

Thirteen measures were used to assess aggression (e.g. thoughts and acts of physical or verbal violence) in the past month. Post-test findings, when compared to pre-tests show that 53% of inmates reported a reduction in aggression, 21% showed no change, and 26% reported an increase.

Eight measures were used to assess self-improvement (e.g. being able to calm the mind, relax, and concentration). Post-test findings, when compared to pre-tests show that 64% of inmates reported an increase in self-improvement, 18% showed no change, and 18% reported a decrease.

Using a Likert scale from 1 (strongly disagree) to 5 (strongly agree), post-tests included seven measures for personal transformation related to yoga helping with personal, mental, physical, and/or spiritual problems. The overall score for inmates who took the post-test was 4.3.

Using a Likert scale from 1 (strongly disagree) to 5 (strongly agree), post-tests included 10 measures used to assess instructor professionalism and competence. The overall score for instructors by inmates who took the post-test was 4.7.

An open-ended question in the post-test asked inmates to explain how yoga has helped with physical health problems. Eighteen men answered this question. They reported that yoga helped:

- Reduce sciatica.
- Reduce problems associated with renal failure, heart disease, and arthritis because he lost weight and learned how to relax using breathing techniques.
- Alleviate back and/or shoulder pain (four responses).
- With a spontaneous remission of his atrial fibrillation, super ventricular tachycardias and wide-complete tachycardias since yoga taught him how to slow down his heart.
- Lower high blood pressure because he can keep his mind from racing allowing him to relax.
- Heal back and legs from an accident.
- With back pain and migraines.
- Alleviate sleep apnea.
- Reduce arthritis (four responses).
- Improved flexibility (two responses).
- With multiple injuries sustained in a car accident for which he never got PT.

**ADDENDUM A FINAL REPORT ASSESSMENT SUMMARY**

## ADDENDUM B

• NOV. 28 – 2019

• Hawaii Yoga Prison Project Special Report

To: *Laura Thielen*  
Senator Laura Thielen  
Senate District 25  
Hawaii State Capitol  
Room 231

From: *Lu/Louisa DiGrazia*; and her *Yoga students at Waiawa Facility, November 27-2019*

Aloha Laura,

The following notes/letters to you and your legislative brothers and sisters are *notes of Thanksgiving to you all*. Someone in *Waiawa Yoga class* asked me if they could thank you, i.e. *legislative representatives*, for this year of *Yoga Classes Inside* that you supported in the *GIA Grant* we so appreciated, and for which we honor you all for the privilege and gift of this year of support.

I prompted the students in this way: <sup>1</sup> Address your comments to Laura Thielen, who is our Senate representative, and who helped to create the *Grant in Aid* for the *Hawai'i Yoga Prison Project—Yoga School Kailua*, for 2019. <sup>2</sup> Say, “thanks,” <sup>3</sup> tell her/them how the *Yoga program* has helped you.

These letters are the result of these simple guidelines, and resulted in the many creative comments you will read below. I did not prompt them to say anything else, or how to say it. I just said to say <sup>1</sup> *Mahalo, Thank You*; <sup>2</sup> *Comment* on our class; and say: <sup>3</sup> *how it has helped you*. Reading these letters brought me to great delight at their articulate narratives. I have great happiness in my students' very humbling comments. I know the work will never end. It goes on every week in an atmosphere of sweat, hard work, academic accomplishment, the growth and teaching of cognitive awareness, freedom of speech, peaceful dialogue, diversity, social justice, in peace and deep *mindfulness* and *meditation*; all we could hope for in our *Yoga classes* is written within this group message to you all. *Thank You*.

Enjoy, Dear Sister, and Dear Legislative Associates,  
We collectively humbly Thank You, Mahalo Nui Loa,

*Louisa DiGrazia*  
*Hawai'i Public Safety, Yoga Instructor*  
*Team Leader; Hawaii Yoga Prison Project (HYPP)*  
*Yoga Therapist (IAYT)*  
Halawa, OCCC, and Waiawa Education Units

1. Juan Baker

Dear Laura Thielson,

Thank you for your time for reading this letter in regards to the continuation of the funding for this yoga class here at Waiawa Correctional Facility. Though knowledge of the situation in its <sup>fullness</sup> ~~entirety~~ is not known to us, we are aware that without this grant that the class may end or receive another teacher. We as the inmates & students of the class decided to work together & write down our thoughts to you. This is being done in hopes of continuing this class with Ms. Lu not only for us, but also for the rest of the inmates in future times. Ms. Lu is a wonderful teacher & allows both physical lessons (Asanas) as well as mental/spiritual lessons (Niyama & Yama) to be practical & applicable for lives within these walls & when we leave from here. This is one of the only classes that teach you how to balance mind/body/spirit in our daily lives. Not even our programs teach us that in a real-world aspect, programs don't teach you how to utilize your breath & to slow down & be observant like how yoga does. I feel like this class will do more for me than a lot of others. So therefore, we ask humbly if you could please keep this class here. We want to transcend our realities so we never have to come here again. We hope you see our urgency and are able to be of assistance. Mahalo & aloha.

Sincerely,

Juan Baker

3. Reynaldo (Panama) Valdez Paz

Nov. 27/2019

TO: LAURA THIELEN - SENATOR STATE OF HAWAII

FROM: Reynaldo A. Valdez Paz

Aloha I will like to ask for your help and support to continue our classes with our great teacher Lu we are blessed to having her as a instructor, yoga is being introduced to me as a therapy as a way to keep myself away from conflict, away from myself yoga mean every thing to me.

The Sanskrit word yoga comes from the root as yug or yuj. This was the yoke or harness that held the oxen, horses, mules, donkeys and the chariot horses together. Since my arrival at Waialua I being able to yoke my mind and body I'm no longer pay attention to my spinning mind. I being able to the reading material that I received from our class weekly that I'm driving the chariot, I being present, I being free. I being the exact person whom I want to be for my future release. Yoga and Lu are the most influential things that I got, this is being a 360° change in my life.

The class and the practice are also vying for my future business, and promise varying level of my health and fitness, and calmness and freedom from stress.

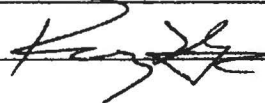
MOST NEEDED QUALITY IN MY LIFE, LUIS EMPOWERED ME WITH MY TOOLS THAT I CARRY WITH ME EVERYDAY 24/7 TO SOLVE OUR MY CHALLENGES AND PROBLEMS.

THIS PRACTICE IS BEING OF GREAT BENEFIT WITH MY PTSD FROM THE MILITARY (AFGHANISTAN) ALSO THE PAIN AND ANXIETY. I LOVE THIS CLASS IF IS ANYTHING WITHIN YOUR POWER TO ALLOW US TO CONTINUE AND KEEP OUR TEACHER WILL BE OF GREAT BENEFIT TO OUR FACILITY THIS CLASS HAVE THE LOUDEST RECEPTIONISM OF ALL PROGRAM IN THIS PRISON SYSTEM, I AM A GREAT STUDENT BECAUSE I HAVE A GREAT TEACHER AND A GREAT GROUP OF INDIVIDUALS WHO ARE GREAT CLASSMATE.

THANK YOU FOR YOUR TIME AND CONSIDERATION.

HAVE A NICE DAY.

SINCERELY,



Reynaldo A. Valdes Paz #6036737

P.O. Box 1839 #B

PERD CITY HI 96782



4. Nathan Lee

November 27 2019

To Senator Laura Thiel

ALOHA, First of All I PRAY AND WISH you a safe + Beautiful Holiday Season ☺

My Name is Nathan Lee im Currently am an inmate in waiawa correctional facility I am writting in regards of my yoga class that im attending with Mrs Lu. Id like to thank you generously for the help and support for this class.

I am 54 years old and lived a pretty stressful life due to my Drug addiction and Bad Choices i've made.

This is my first time doing yoga, I find myself alot more at ease within myself this class has streghthen my mind, Body, + spirit i find peace within myself and so much more of a positive person I am today.

This class is so healthy for me physically + mentally. Mrs Lu classes is so electro-lying, mood boosting + stimulating. I Feel so much younger This class has move me to feel Healthy + young once again.

Thank you very much for having us to enjoy each a beautiful class.

Grpless

Sincerely Nathan. Lee



5. Kaleo Kaden Durkee

Happy Thanksgiving

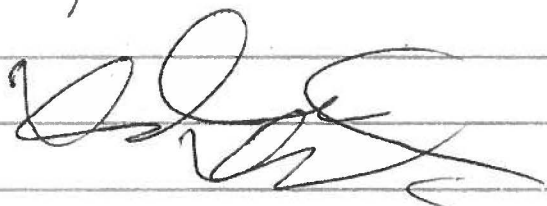
11/28/19

Dear Ms. Thielen,

I just wanted to express my gratitude and appreciation to you for your integral role that you have played in the yoga program for Hawaii Inmates. Thank you for helping with the release of funds to support this valuable program.

The physical, mental, spiritual, emotional, and therapeutic benefits of this program could never be exaggerated. It is very rare for inmates to participate in a program that actually makes a difference.

As you know, the recidivism rates for inmates is very high. Thank you for your support of a program that gives inmates a chance to thrive and to not only survive but prosper upon release.

Mahalo Nui Loa, 

KALEO  
KADEN

DURKEE

NOVEMBER 27<sup>TH</sup> 2019

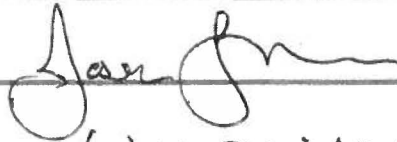
MRS LAURA THIELEN!

MRS THIELEN, I'M WRITING TO THANK YOU  
FOR THE OPPORTUNITY TO PRACTICE YOGA AT THIS FACILITY.

I AM A VIOLENT OFFENDOR AND HAVE BEEN INVOLVED IN  
MY FAIR SHARE OF VIOLENCE IN PRISON AND I AM GLAD TO  
HAVE A SPACE TO CALM MY MIND AND BE PHYSICALLY AND  
MENTALLY PRODUCTIVE AND PEACEFUL.

I THANK YOU VERY MUCH FOR YOUR ASSISTANCE SENATOR  
THIELEN.

SINCERELY,



(JOSEPH MENOR)

6. Joseph Menor

7. Bernard H. Mahuiki

Aloha

11-27-19

My Name is Bernard Mahuiki Or I would like to thank you all for supporting this program that helps me and other inmates, this classes help me mentally, phisocally, and emotioally it strenghtens my mind Body and spirit it also makes me happy to have something to be apart of, as you no we are in Jail and having this oppertunity to go to Yoga is a Blessing it frees me, as I go to Struggles everyday. God Bless

Bernard Mahuiki Or

8. Francis K. Kukahiko

11-27-19

aloha! My name is Francis K. Kukahiko and I would like to thank you for giving me this opportunity to not only participate but to learn the roots of "YOGA". It's helping me to heal emotionally, physically & mentally.

It would be an asset, not only for me but as for new people that may want to enroll into "yoga". They will not regret this opportunity.

I myself feel a lot at ease through my incarceration. I also realize that my stress levels has diminished since my incarceration. This class is awesome.

Sincerely your

Francis R. Kukahiko

November 27, 2019

To: Senator Laura Thielen.

Aloha my name is Kawika J. Drummond, I'm an inmate at Waiawa Correctional Facility and I'm writing in regards to ms. LU and my yoga class.

First, I'd like to thank you for your support in allowing this program to run.

Since I began attending yoga, my mind, body and spirit all improved. These classes has really opened my mind and body to new things. The growth within myself has been refreshing.

I truly hope that your support in keeping this class going continues. It is a positive environment, where we all enjoy the time spent learning together.

Once again thank you for your support. This experience in yoga has truly been a blessing.

Thank you for your time and concern.

mahalo, Kawika J. Drummond



## 10. Cody Presti

*The following handwritten note was penned with a very light pencil. When scanned, it could not be read. Therefore, this letter to the Legislature, i.e. Laura Thielen has been transcribed into this word doc.*

Nov. 14-2019

To the Honorable Laura Thielen,

Aloha, my name is Cody Presti writing to tell you how important Louisa DiGrazia's *Yoga Prison Project* is to inmates on Oahu trying to rehabilitate. Besides the physical and psychological benefits Lu's class is a *Stress Management course*. Over the past 9 months I've been in Lu's class there's been at least 3 separate instances where another inmate was trying to start a fist fight with me, and if I hadn't been able to apply the principles of non-violence Lu's teaching us; I would certainly be serving a longer sentence in Saguaro Prison right now. No other program in Hawai'i's Prison System can claim the kind of tangible improvements to one's immediate life as the *Hawai'i Yoga Prison Project*; yet the Paroling Authority doesn't even recognize it as an official stress management course. It's my hope that they will in the near future.

. . . . Lu's the only instructor I've ever had in prison that I believe actually cares about her students' well-being. She's the only one who told me about the "prison cells to PhD. program." Lu's given me hope for the future. I hope you can see how important this is to us. If there is any class deserving of legislative funding, this is the one.

MAHALO NUI LOA.

Cody

*[Lu's note; this is the article Cody is referring to: Nature spoke to three US researchers who have built academic careers after they were released. Virginia Gewin. + CHRIS BEASLEY: Connecting former convicts: Post-prison education researcher at the University of Washington, Tacoma]*