

Cornwall/RMM Project Idea Template

Name of Project: Kundalini Yoga and Meditation Classes

Date submitted: August 5th, 2021

Contact: Laura Kaplan laurakaplan@igc.org

Brief Synopsis (no more than a paragraph—include duration-1 day, 4x a years, etc.):

These classes will be offered on a weekend day (Saturday or Sunday) once a week throughout the year. (Date and time to be determined after consultation with interested participants). The class will last one and a half hours. The classes will be geared towards migrant youth. The goal of the classes will be to provide tools for youth to eliminate stress. In addition, the classes will allow youths to become familiar with and open to practices from different cultures. The classes will be bilingual in English and Spanish according to need.

Which RMM initiative does this project enhance?: Serving the needs of migrant youth.

Which Grail mission goal does this advance?: Healing the world.

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1, 2

Who is the point person?: Laura Kaplan along with the Cornwall Team

What financial support is needed and from which entity? (like travel to Cornwall paid by US Grail, or recycling bins paid for by RMM, etc.) Transportation costs to be covered by U.S. Grail: \$16 for tolls and \$20 for gas = \$36 total. Plus, tea and cookies to be provided for each class = \$5. Total cost = \$41 per class. If funding not possible, transportation and refreshments will be donated.

$$41 \times 52 = 2200$$

How will we know the project is a success? (what are 2 or 3 easily measurable goals): We will know the project is a success depending on the degree to which participants return and spread the word about the class to others, e.g., attendance

Cornwall/RMM Project Idea Template

Name of Project: Social justice college prep classes for youth

Date submitted: August 5th

Contact: Laura Kaplan laurakaplan@igc.org

Brief Synopsis (no more than a paragraph—include duration-1 day, 4x a years, etc.):

Inspired and grounded in the philosophy of the educator Paulo Freire and in our own Grail program of Training for Transformation, we will offer social justice college prep classes that will meet once a week for 7 weeks throughout the year. In these classes, students will read books and articles about historical and contemporary social issues, discuss them and write about them critically, relating them to real-life obstacles in their own lives and in their communities. Finally, through a participatory action research approach, students will identify and choose a social action project directed at resolving a tangible community problem or problems that we can initiate together and which students can pursue independently into the future in collaboration with community organizations and members.

Which RMM initiative does this project enhance?: Empowerment of migrant youth

Which Grail mission goal does this advance?: Social justice and leadership training of youth

2,5

Who is the point person?: Laura Kaplan along with the Cornwall Team

What financial support is needed and from which entity? (like travel to Cornwall paid by US Grail, or recycling bins paid for by RMM, etc.) If possible, U.S Grail can cover transportation expenses: \$16 toll plus \$20 gas for each class = \$36 per class. Total: \$252 plus snacks for student participants = \$350 per 7 week class. If U.S. Grail cannot cover expenses, Grail member educators are willing to donate their time and expertise and cover all costs.

How will we know the project is a success? (what are 2 or 3 easily measurable goals): Student evaluations and the continuation of community projects.