

FRIENDS OF THAILAND
PCV Small Project Assistance Funding
REPORT FORM

Date of Report: January 21, 2016

Total Funds Received: 16,400 Baht

Type of Report: Final

Title of Project: Let's Get Active! A Yoga Program in Tambon Na O

Dates of Project: This project started in April 2015 and will be ongoing throughout the service of the current PCV (ending in March 2017) and beyond.

Name, Group Number and Address of PCV:

Ty Miranda, Youth Development, Group #127
111 Moo. 3 Loei-Chiangkan Road
Tambon Na O
Amphur Muang, Loei
Thailand 42100

E-Mail Address of PCV: TyMiranda14@gmail.com

Location of Project: Tambon Na O, Amphur Muang, Loei

Individuals/Groups Responsible: PCV Ty Miranda, Tambon Na O clinic staff, Tessaban Senior School Staff, and Tambon Na O seniors

Background Information of the Program/Project:

This project began when PCV Ty Miranda joined Tambon Na O health clinic staff on visits to different communities within Tambon Na O, in April 2015. During these visits, the health clinic staff asked Ms. Miranda to lead exercise activities for elderly, disabled and/or chronically ill individuals within the communities.

Although the Tambon Na O communities offers aerobics classes several times per week, elderly residents found the workouts too strenuous and not well suited to their needs. Yoga is lower impact and versatile enough to be adapted to any population. Therefore Ms. Miranda started teaching yoga as a safe, effective, and enjoyable way to help senior citizens build strength and flexibility. After periodic visits, a local senior group from Mooban 5 asked the PCV to teach yoga regularly at a local wat in the center of the Tambon. The

seniors wanted more opportunities to exercise on a regular basis. It was decided that Ms. Miranda would teach three times per week. On average 10-15 seniors attend each yoga class.

During a visit with Peace Corps staff, one of the participants talked about the health benefits that yoga has offered. She said that she has less back pain and is now decided against getting corrective surgery.

These classes also provide an opportunity for communication and community-building amongst local seniors as well as between seniors and their local PCV and health clinic staff. Before and after the yoga classes, seniors usually discuss events or activities happening in the community. This gathering also creates an opportunity for Ms. Miranda to explain what activities are going on for the local youth and to encourage conversation between the seniors and youth about future events.

Ms. Miranda and the seniors hope to continue the yoga classes indefinitely, however several needs remain in order to make this possible. Currently, participants are using straw mats for a practice surface, which is neither supportive nor safe for many yoga poses. The community would like to purchase a set of yoga mats for use by class participants, as well as anyone wishing to practice yoga at the local health clinic at other times, to reduce risk of injury and expand participants' range of possible exercises.

The class is also currently dependent on their PCV as the sole instructor. Local health clinic staff would like to become trained on how to lead and adapt a yoga practice so that they can instruct the classes independently, as well as obtain instructional materials in the Thai language for community-wide use and training future generations of instructors.

Describe how the Program/Project's Objectives and Benefits were met:

With the purchase of the yoga mats and books, the health clinic, the local Tessaban, and PCV Ty Miranda were able to offer yoga classes to the elderly. Because of the increased interest from the senior citizens of Tambon Na O, the health clinic staff are very enthusiastic about the continuation and longevity of the program. They have started learning more about the yoga practice and participate often.

Describe how the Program/Project Schedule and Initiatives were implemented:

PCV Ty Miranda worked with her local health clinic staff to choose and buy the mats that would work the best for the community. They focused on buying mats that would last the longest and be the easiest to clean. They also bought

some yoga resources like books and DVDs to help educated the clinic staff and help the program to grow.

Once the mats were bought, classes were moved to the Tambon Na O Health Clinic and to the Tessaban Na O. The yoga program used to meet three times a week at the local temple, but because of some changes in the community schedule, the times were changed to twice a week. On Mondays, the yoga program meets at the Health clinic and on Wednesdays, the program meets at the Tessaban Na O.

Recently, there has been some interest from the teachers at the local school to start a program there as well. We are also planning on implementing a Sports and English Afternoon Camp during Bpit Term where we will also teach yoga.

Detail the Program/Project Budget as implemented:

The budget was used to buy the yoga teaching materials and the mats.

1	HHSociety Yoga Mat	890 Baht
3	Yoga books 1. สุขภาพดีด้วยโยคะ + DVD (169 baht) 2. กระชับหุ่นสวยด้วยโยคะ ฝึกภายใน 7 วัน + DVD (199 baht) 3. YOGA Fitness + DVD (199 Baht)	567 Baht
17	HH Society Yoga Mats (850/mat)	14,450 Baht
1	HH Society PVC Mat (Purple)	289 Baht
1	Delivery Tip	100 Baht
	Total	16,296 Baht
	Grant Total	16400 Baht
	Money Left	104 Baht

Detail any Community Involvement (if applicable):

The Tambon Health Clinic was involved in the buying and ordering process. Everything was decided on together and the community really had an input. Additionally, the Tambon Health Clinic doctor and staff helped run the yoga

program and participated with the seniors. The Tessaban Na O has also taken interest and participates in the classes on Wednesdays.

Describe the Program/Project Sustainability (if applicable):

What is great is that the mats can be used for other things besides yoga. The local health clinic is now taking the mats to do stretching and strength training exercises with the seniors. The staff are also participating in classes and learning some of the basic flows. The goal is to keep training and working with the staff from both the Tessaban Na O and the Tessaban Na O health clinic over the next 14 months that PCV Ty Miranda is at site. Once PCV Ty leaves her community, the goal is for yoga to be already ingrained into the community's life.