

FRIENDS OF THAILAND  
PCV Small Project Assistance  
PROPOSAL FORM

**Date of Request:** October 10, 2015

**Total Funds Requested:** 16,754 Baht

**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 March 2017) and beyond.

**Name, Group Number and Address of PCV:**

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

**Location of Project (School or Organization, Moo Baan, Tambon, Amphur, Province):**

Tambon Na O, Amphur Muang, Loei

**Individuals/Groups Responsible:**

PCV Ty Miranda and seniors of Tambon Na O, with support from the Tambon Na O Health Clinic

**BACKGROUND INFORMATION/PROJECT HISTORY:**

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 community 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. Since then, an average of 10-15 seniors have attended each yoga class and have reported positive health results, including reduced back pain, increased energy, and less need for medical intervention.

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.

#### **PROJECT OBJECTIVES AND BENEFITS:**

There are three main objectives of this program. The first is to improve the health of elderly, disabled and/or ill individuals, who are unable to take advantage of other exercise opportunities due to frail physical condition. Yoga works muscles in a low impact manner and without intense cardio exertion. During the classes, participants can strengthen their abs, biceps, and back muscles without excessive strain.

The second objective is to create the opportunity for seniors to come together and share information about the community on a frequent basis. Prior to this project, the seniors only congregated when there was a special event in the community. The classes now provide a fixed time and place for more regular interaction. They also enable seniors to have more routine access to the Tambon Na O Health Clinic staff, who frequent the classes.

The final objective is to build staff capacity and expand the resource library of the local health clinic. By doing so, the health clinic will create a sustainable yoga program that can exist as a permanent addition to local senior services throughout future transitions in the individuals involved. The program will also be easily adaptable to serve additional populations beyond the elderly/infirm, dependent on community interest.

#### **COMMUNITY INVOLVEMENT:**

This project was started and maintained by the local senior group. They are responsible for planning where and when the classes will take place, as well as communicating information about class cancellations or changes in the schedule. The local health clinic is also actively involved. Nurses and staff join in the classes whenever possible and frequently visit at the end of class to talk with participants about health topics. Health clinic staff are also prepared to become instructors for the classes and adopt responsibility for this project after the PCV's close of service.

#### **SUSTAINABILITY:**

One of the goals of this funding proposal is to secure the resources to make this project sustainable. With the Friends of Thailand allocation, the community will purchase yoga mats for anyone in the community to use, as well as instructional materials for both community-wide use

and to train the first generation of local yoga instructors to assume responsibility for teaching in the absence of the PCV. The materials will include yoga books and videos in Thai that the local health clinic can use independently to lead classes, prescribe specific exercises to patients, and expand their general knowledge of exercise options for the elderly or infirm.

The existence of these resources will also promote health clinic staff and others to join the elderly in their yoga practice and potentially add additional classes for other interested populations in the future. The mats and instructional materials will be housed in the Tambon Na O Health Clinic and be accessible to anyone in the community. The senior group and health clinic staff, including the lead doctor, the lead community health worker, and the public health clinic assistant, will be responsible for informing the wider community of the availability and benefit of these resources. The village has over 1,000 elderly citizens who could benefit from yoga practice given access to appropriate information, support, and a safe surface on which to practice. Support for this proposal will make this possible.

#### **BUDGET:**

<b>DESCRIPTION</b>	<b>QUANTITY</b>	<b>UNIT PRICE</b>	<b>TOTAL PRICE</b>
<b>Equipment:</b>			
Yoga Mats	15	990฿	14,850฿
<b>Instructional Materials:</b>			
“Yoga Fitness” book	2	179฿	358฿
“ด้วยโยคะ” book	2	199฿	398฿
“สุขภาพดีด้วยโยคะ” book + DVD	2	199฿	398฿
“ชุดโยคะ (ฉบับสมบูรณ์)” book	1	750฿	750฿
		<b>TOTAL</b>	<b>16,754฿</b>

#### **PROJECT SCHEDULE (including start and finish dates):**

The project is currently active, pending funding for its expansion and sustainability. Once funds are received, the proposed materials will be purchased within 4 weeks. The yoga mats will be utilized immediately for regularly scheduled yoga classes and groups of seniors meeting at the health clinic to practice, and will also be taken to local health events within the community 3-4 times per month. The books and DVDs will be purchased in collaboration with local health clinic staff and be kept at the clinic for use by the staff and community members. Once the instructional materials have been obtained, Ms. Miranda will spend the remainder of her service in the community (until close of service in March 2017) working with health clinic staff toward the goal of independently teaching the fundamentals of yoga. Staff will then provide yoga instruction in the community indefinitely, across a range of venues and events based on future community interests and needs.