

Kripalu



Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

—The Buddha



# philanthropy news

july 2009

Dear Carolyn,

Summer at Kripalu is a vibrant time of year. As I look out my window toward the Stockbridge Bowl, I see guests gathering together to eat lunch on the patio, doing yoga under the trees, strolling the driveway down to the lake, and relaxing on the lawn as they take in the majestic view of the Berkshire mountains. In this issue of Philanthropy E-news, I am happy to report on the completion of the first year of our Yoga in the Schools program and to introduce our new cochair of Kripalu's Leadership Gifts Committee.

Thank you for all the feedback we have received on Philanthropy E-News; as a result, we've decided to formally ask for your opinion on how we are doing. Our August edition of the E-News will be a brief survey. We want to provide you with the information and stories you're looking for, and also learn how frequently you'd like to receive the E-News. We hope you will take the time to time to share your thoughts with us. Your responses will shape the future of Philanthropy E-News.

I look forward to seeing you soon. Please stop by to say hello during your next visit.

Warmly,

A handwritten signature in black ink that reads "Kelly".

Kelly Baxter Spitz, Director of Development

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## Kripalu Center for Yoga & Health

is a 501(c)(3) nonprofit educational organization whose mission is to teach the art and science of yoga to produce thriving and health in individuals and society.

➔ [Visit Kripalu's website.](#)

# Kripalu

exploring the yoga of life.

## yoga in the schools



In the April edition of Philanthropy E-news, we told you about Kripalu's innovative Yoga in the Schools program for high school juniors and seniors, launched last fall at Monument Mountain Regional High School in Great Barrington, Massachusetts. Now that the school year has ended, we can update you on this amazing program.

Like many high schools across the country, Monument Mountain has experienced the fallout from the effects of unhealthy levels of stress on today's teenagers, and was seeking a way to give students tools to help mitigate their stress. Working in tandem with the principal, superintendent, and Physical Education department at Monument Mountain over the course of two semesters, Kripalu offered yoga

classes two to three times per week to a total of 150 students. The program's research component measured the effectiveness of yoga in decreasing students' stress and related problems.

The findings show that practicing yoga reduced students' general anxiety; decreased their anxiety related to test-taking; reduced anger issues; and resulted in improved resiliency and a better attitude toward school. The Kripalu Institute for Extraordinary Living, which is overseeing the program and the related research, is currently working with Harvard researcher Sat Bir Khalsa to publish these very promising results.

The 2008-2009 Yoga in the Schools program was generously funded by Kripalu donors Steve Glick and Diana Felber. If you would like more information on Yoga in the Schools, or if you are interested in supporting this program, please contact Kelly Baxter Spitz, Director of Development, at [kellyb@kripalu.org](mailto:kellyb@kripalu.org).

## donor profile: Leigh Fountain



It is with pleasure that we welcome Leigh Fountain as our new cochair of the Leadership Gifts Committee (LGC). He joins Dorothy Cochrane in guiding this vital aspect of Kripalu philanthropy. Leigh is President of Life Force, LLC, a boutique firm whose passion is to accelerate individual and team performance in communication and leadership to *Transform Potential into Results!* Leigh is also a coach, educator, author, and Kripalu-trained yoga teacher.

Leigh says of his experience at Kripalu, "When I discovered Kripalu Yoga, it aligned holistically with my life path; I knew it was where I would go deep. I completed my 200- and 500-hour yoga teacher training at Kripalu, along with Integrated Positional Therapy and other programs. My involvement has

expanded through annual contributions, creating a legacy gift, and becoming a member of the Leadership Gifts Committee, allowing my gifts to be used at Kripalu and in the world. Most rewarding is seeing those gifts in action, especially my ability to volunteer as a program staff member and teaching assistant at Kripalu. I give in the larger community through teaching yoga in diverse areas, including corporate, private, and public events."

We are grateful to have Leigh as part of the Kripalu community and appreciate his further commitment to Kripalu in his new role with the LGC.