

## **New Grant Proposal Form**

**Date:** 9/12/25

**Organization:** Yoga 4 Philly Chapter

**TIN & Formal organization name:** 83-3798526; Yoga 4 The World

**Contact name, phone, email:** Steven Brice, 215-406-6046, [steven@yoga4philly.org](mailto:steven@yoga4philly.org)

**Address:** 500 W. Chelton Ave. #305 Philadelphia, PA 19144

**Amount requested:** \$10,960

**Project title:** Chair Yoga 4 Seniors in two new centers

### **Summary Description (maximum 25 words):**

Empowering older adults with accessible chair yoga and micro-movements to improve physical vitality, emotional well-being, and social connection through data-informed, trauma-informed programming.

**Please answer the following questions clearly and concisely.**

#### **1. What is the problem you have identified?**

Older adults often face limited mobility, chronic pain, emotional distress, and social isolation, yet lack access to low-barrier wellness practices that promote holistic health. Traditional activities are often inaccessible or overly institutional, especially for individuals outside of formal facilities.

#### **2. What is the solution you propose to address the problem?**

We propose weekly trauma-informed chair yoga and micro-movement classes tailored to elders' physical and emotional needs. By meeting them where they are, both physically and emotionally, we aim to deliver inclusive wellness services that improve quality of life and foster connection, supported by simple self-assessment tools to measure impact.

#### **3. What actions will you take?**

- Deliver weekly in-person and virtual classes at senior centers and community hubs.
- Train instructors in equity-aligned, age-sensitive care.
- Collect participant wellness data before, during, and after the program.
- Invite personal reflections to elevate elder voices.
- Analyze outcomes to inform programming and advocacy for wider adoption.

#### **4. Describe the population to be served.**

We will serve approximately 50 new older adults aged 62–90 across Philadelphia, including those living independently, in personal care, rehab, or with disabilities or dementia. The program is especially focused on elders in underserved communities seeking connection, movement, and accessible care.

**5. Are there partners/collaborators for implementation or funding-who? Has the solution been tried by other organizations?**

We partner with senior facilities throughout Philadelphia for implementation. While chair yoga is practiced in some elder care settings, few organizations document its impact. Our innovation lies in combining movement with intentional data collection, storytelling, and inclusive design to build a scalable, evidence-based model of elder wellness.

**6. How will you know your actions are having an impact? How will you measure outputs and outcomes?**

Impact will be measured using a self-administered health and happiness scale, drawn from the Stanford Geriatric Depression Scale and Yoga 4 The World's custom survey. Outputs include the number of classes delivered and participants engaged. Outcomes include improved emotional well-being, mobility confidence, and reduced isolation, which is tracked through surveys and participant testimonials.

**Include a simple program budget in the same pdf with expected income and expenses (eg. staff, program supplies, travel, etc)**

[Click here](#) or please see below

**Attach a copy of your IRS determination letter. We may also look at your website, your Guidestar (Candid) profile and your IRS Pub 78 non-profit status or plan a site visit. Please make sure these are up-to-date.**

[Click here](#) or please see below



Department of the Treasury  
Internal Revenue Service  
Tax Exempt and Government Entities  
PO Box 2508  
Cincinnati, OH 45201

YOGA 4 THE WORLD  
% STEVEN BRICE  
500 W CHELTEN AVE APT 305  
PHILADELPHIA, PA 19144-4463

Date: August 26, 2022  
Employer ID number: 83-3798526  
Form 990 required: 990, YES  
Person to contact: Name: Angela G Foster  
ID number: 0203069

Dear Sir or Madam:

We're responding to your request dated November 23, 2021, about your tax-exempt status.

We issued you a determination letter in April 2019, recognizing you as tax-exempt under Internal Revenue Code (IRC) Section 501(c)(3).

We also show you're not a private foundation as defined under IRC Section 509(a) because you're described in IRC Sections 509(a)(1) and 170(b)(1)(A)(vi).

Donors can deduct contributions they make to you as provided in IRC Section 170. You're also qualified to receive tax-deductible bequests, legacies, devises, transfers, or gifts under IRC Sections 2055, 2106, and 2522.

In the heading, we indicated whether you must file an annual information return. If you're required to file a return, you must file one of the following by the 15th day of the 5th month after the end of your annual accounting period.

- Form 990, Return of Organization Exempt From Income Tax
- Form 990-EZ, Short Form Return of Organization Exempt From Income Tax
- Form 990-N, Electronic Notice (e-Postcard) for Tax-Exempt Organizations Not Required to File Form 990 or Form 990EZ
- Form 990-PF, Return of Private Foundation or Section 4947(a)(1) Trust Treated as Private Foundation

According to IRC Section 6033(j), if you don't file a required annual information return or notice for 3 consecutive years, we'll revoke your tax-exempt status on the due date of the 3rd required return or notice.

You can get IRS forms or publications you need from our website at [www.irs.gov/forms-pubs](http://www.irs.gov/forms-pubs) or by calling 800-TAX-FORM (800-829-3676).

If you have questions, call 877-829-5500 between 8 a.m. and 5 p.m., local time, Monday through Friday (Alaska and Hawaii follow Pacific time).

Thank you for your cooperation.

Sincerely,

Stephen A. Martin  
Director, Exempt Organizations  
Rulings and Agreements

Letter 4168 (Rev. 9-2020)  
Catalog Number 66666G

Y4Philly Y4Seniors Weekly Program	Goal: 2 NEW programs in the Philadelphia Area
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Program months per year	12
Total classes per year	104
Avg classes per month	8.7
Avg classes per week	2.0

Expected Income	10,960	<i>grant funding request</i>
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**Direct Costs**

Instructor - per class	5,200
Supplies - per class	960
<b>Total Direct Costs</b>	<b>6,160</b>

**Overhead costs**

Program Director costs*	3,200
Admin Costs**	1,600
<b>Total Ovh Costs</b>	<b>4,800</b>

Surplus -

**\*Program Director responsibilities:**

- >New Program outreach
- >Recruiting/training instructors
- >Scheduling

**\*\*Admin Costs**

- >Accounting/payroll
- >Insurance
- >Legal