



FREEFOOD KITCHEN

REV♥OLUTIONARY YOGA NPC
BUILDING CONSCIOUS COMMUNITIES

ANNUAL REPORT

1 JANUARY - 31 DECEMBER 2021

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GENERAL INFORMATION

BOARD OF DIRECTORS AND PATRONS REVOLUTIONARY YOGA NPC: NON EXECUTIVE DIRECTORS



Roseline Nyman
(Chairperson)



Ilana Fintz
(Deputy-Chairperson)



Pamela Harris
(Deputy-Secretary)



Theresa Mvinjelwa
(Treasurer)



Selina Williams
(Chief Executive Officer)

NON-EXECUTIVE DIRECTORS:



Melissa Nyman
(Non-Executive Director)



Deidré Baatjes
(Non-Executive Director)



Amanbir Singh
(Non- Executive Director)

PATRONS:



Gurmukh Khalsa



Elena Brower



Patricia Nyman

REVOLUTIONARY YOGA NPC

Registration No:

2017/532743/08

Registered business address:

620 Keerom Chambers, 56 Keerom Street, Cape Town

Banking Details:

REVOLUTIONARY YOGA NPC

FNB: 62738319434

BRANCH CODE: 201709

SWIFT CODE: FIRNZAJJ

Website:

www.freefoodkitchen.com



SMALLVILLE INFORMAL SETTLEMENT VOLUNTEERS. SHARING THE LOVE WITH NEIGHBOURS



JIM SE BOS INFORMAL SETTLEMENT, ASSISTING FIRE VICTIMS.



FEET ON THE GROUND

MEET OUR TEAM OF COMMUNITY VOLUNTEERS



Daphne Nyman
our most senior volunteer & cook



Xoliswa Tiso
Victoria Mxenge Kitchen Coordinator



Zintle Jack
Hazeldean Kitchen Coordinator



Julia Maia Makaza
Khayelitsha Cook



Antoinette McKay
Hanover Park Cook



Shantelle Minnies
Smallville PHA, Coordinator



Fikiswa Rose Gwadiso
Khayelitsha Coordinator



Naseba Petersen
Bokmakierie Coordinator



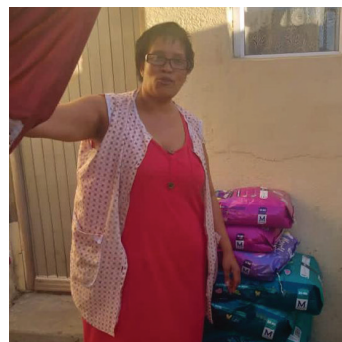
Rochelle Ann Dickson
Lavender Hill Coordinator



Phakama Krweqe
Hazeldean Cook



Devina Minnies
Smallville Cook



Yolanda Mutiba
Hanover Park Coordinator

CHAIRPERSON'S REPORT, 2021

Letter from Roseline Nyman

Amid growing unemployment, lack of income and low food security due to structural flaws in the economy, exacerbated by Covid-19, our 7 Free Food Kitchens have served as a beacon of light to starving, destitute and excluded communities. Due to the selfless commitment and dedicated service by our Coordinators and Cooks, the pots have continued cooking nutritious and delicious vegetarian meals. In our endeavour to create communities where all their needs are met on a physical, mental, and emotional level, our Trinity Roots Food Gardens have flourished in Lavender Hill, requires maintenance in Rondevlei and is due to start growing in Smallville.



The appointment of Selina Williams as the Executive Director has borne fruit. On any given day you will find her having face-to-face meetings in Khayelitsha or Hanover Park. She serves in a manner that is an example to all of us. We are grateful to our donors in the predominantly yoga community for making all of this possible. We hope that you will continue to show trust in our service to communities-in-need. Moving forward strategically, we envision flourishing food gardens in each community. Growing vegetables, fruit and herbs that are harvested, cooked and eaten by our communities will ensure that home-grown food is served.

Our Chairperson is on a mission, she is inviting everyone to join her...clean, green, clean



It is heartening that yoga has spread in the Free Food Kitchen communities and beyond. The benefits of yoga to heal, replenish and energise cannot be emphasised enough. It is our mission to spread yoga as wide as possible. Our libraries set up in the containers serve as mental nourishment to mostly children. We welcome the donation of books and reading material to replenish these reading and learning nooks. Trauma counselling was offered in Lavender Hill, and it is our plan to offer trauma, addiction, and grief counselling to other communities. We are blessed with a board that works tirelessly to ensure that new sources of funding are generated, and that organisational and financial activities are effectively managed. Having said this, it remains a challenge to retain board members who are willing to serve on a voluntary basis, with no payment. We welcome the painting of the containers where we combine beauty with functionality.



CHIEF EXECUTIVE OFFICER REPORT

My name is Selina Williams. I was appointed as the Executive Director of Revolutionary Yoga and Free Food Kitchen on 1 April 2021. I am a black woman, fine art painter and social activist. We serve 7 Cape Flats communities, in the long dark shadows of Table Mountain. In Cape Town, communities are fighting to live with dignity and the hope of food security. Revolutionary Yoga and Free Food Kitchen's mission is 'Building Conscious Communities'.

For the year 2021, our kitchens operated daily and seamlessly, offering support and compassion in communities where struggles are endured. Our women are valiant. They serve with passion and dignity. We are grateful to our generous sponsors, donors, patrons, community volunteers and communities.

COMMUNITY EVENTS, HIGHLIGHTS AND PROJECTS FOR THE YEAR 2021:

April 2021 - Easter egg drive, additional window installation to container kitchens. The Vallie family donated food parcels. Drypers International donated food.

May 2021 - We are grateful to Advocate Retha Maas for her donation of enamel plates to serve meals with dignity.

June 2021 - Pepkor donated socks, shorts, and t-shirts to our yoga kids. We introduced the art of painting to our community children, during emergency pandemic school closures. The children enjoyed this stimulation.

July 2021 - Advocate Retha Maas distributed stationery and toys to all our communities. Our Smallville team offered shelter and food to fire victims living in the neighbouring informal settlement of "Jim se Bos". We love your compassion. We express our gratitude to Carin Dean for sponsoring our community children with water bags.

August 2021 - Nedcor sponsored fridges and stationery to our kitchens. The Brave Foundation sponsored our kitchens with recycled plastic cups for food.

September 2021 - Othelia Lewis sponsored our animals with feeding bowls, dog beds, kennels, collars, and leashes. Deidré, Miki, Candice and Lana sponsored yoga mats and books to our communities. We are most grateful.

October 2021 - Good Hope Beverages generously donated fruit juice and milk to all our communities. Community children painted our kitchens during the school holidays. Ilana and Anton generously donated books, clothing, poles, shade cloth and bookshelves to our kitchens and libraries. A big thank you to all of you.

November 2021 - Artist branding to our kitchen containers was done. The Kiewiet family donated Christmas treats to the Bokmakierie Kitchen. Thank you for this annual gift.

December 2021 - We are most grateful to Advocate Retha Maas, her family and friends (including her Dutch friends) and advocates at the Cape Bar for sponsoring Christmas gifts, lovingly placed in neon green bags, to all our community children. Errol April, a Greyton Farmer, contributed apples to our community children. Ruth Bruintjies regularly sponsored fresh produce and assisted the victims of a Lavender Hill house fire.

Thank You to all Revolutionary Yoga sponsors and patrons for sharing your hearts. We are in awe of your generosity.

REPORTING ON FREE FOOD KITCHENS BY AREA: -

Lavender Hill

Kitchen Coordinator - Rochelle

12-meter Shipping Container Kitchen

Location: 5 St Margaret Street, Rondevlei Lavender Hill.

<https://maps.google.com/?q=-34.066204,18.489973>

This kitchen feeds a minimum of 2 meals per week.

Average cost per meal per person: R1.90.

Average number of weekly feeding: 740 people, 80 dogs, 60 cats.

The food garden supplies cabbages, carrots, herbs, and spinach to the kitchen.

Yoga classes boosted from 120 to 170 attendees.

This Kitchen has a library to promote literacy and assists with reading and homework.

Smallville

Kitchen Coordinator - Shantelle

12-meter Shipping Container Kitchen

Location: Smallville Informal Settlement, Philippi Horticultural Area

<https://maps.google.com/?q=-34.049339,18.535856>

Open at least 4 days per week.

Average cost per meal per person: R2.00

Average number of weekly feeding: 240 people 80 dogs, 40 cats.

This kitchen opens 6am, Mondays to Thursdays to serve breakfast, before school.

This kitchen garden has land space of 20 meters x 15 meters cleaned for food gardening and is ready to be fenced, soiled and seedling planting. This community has 2 yoga sessions per week, averaging 60 attendees.

This Kitchen has a library to promote literacy and assists with reading and homework.

CHIEF EXECUTIVE OFFICER REPORT CONTINUED...

Bokmakierie

The kitchen Coordinators are Naseba and Daphne

Location: 39 8th Avenue Bokmakierie, Hazendal.

<https://maps.google.com/?q=-33.954117,18.507399>

This kitchen feeds a minimum of 2 meals per week

Average cost per meal per person: R2.16.

Average number of weekly feeding: 480 people, 60 dogs, 28 cats.

This kitchen has no library but distributes books to encourage literacy.

Hanover Park

The Kitchen Coordinators are Yolanda and Fillie

6-meter Shipping Container Kitchen

Location: 14 Stonehenge Road Hanover Park Fillie's home

<https://maps.google.com/?q=-33.991497,18.529217>

Feeds at least 3 meals per week

Average cost per meal per person: R2.72

Average number of weekly feeding: 276 people, 72 dogs, 51 cats.

Yolanda, Fillie and Mary assist and distribute from 3 different locations. (Fillie's home, the Flats courtyard, and a community hall.)

This kitchen has no library but distributes donated books to encourage literacy

Hazeldean Kitchen

Kitchen Coordinator - Zinhle

Location: 98 White Road, Hazeldean, Philippi

<https://maps.google.com/?q=-34.007889,18.566607>

Feeds 3 meals per week.

Average cost per meal per person: R2.06

Average number of weekly feeding: 276 people, 60 dogs.

This garden supplies spinach to the kitchen.

The food garden has land space of 20 meters x 15 meters cleaned for food gardening in preparation for seedling planting.

This community offers 1 Yoga session per week, averaging 50 attendees.

This Kitchen has a library to promote literacy and assist with reading and homework.

Victoria Mxenge

Kitchen Coordinator - Xoliswa

Location: 45 Matolengwe street, Victoria Mxenge

<https://maps.google.com/?q=-34.003368,18.564825>

Feeds at least 2 meals per week.

The average cost of a meal per person to this Average cost per meal per person: R2.34.

Average number of weekly feeding: 210 people, 40 dogs, 20 cats.

Community members participate in Yoga classes with Hazeldean.

Has no library but distributes donated books to encourage literacy.

Khayelitsha

Kitchen Coordinator - Rosie

Location: 36412 Bindeka street, Makaza, Khayelitsha

<https://maps.google.com/?q=-34.051315,18.698967>

Serves 4 days per week.

Average cost per meal per person: R2.85.

Average number of weekly feeding: 220 humans, 68 dogs, 40 cats.

Opens 6 am, Tuesdays to Fridays, serves breakfast.

Has no library but distributes donated books to encourage literacy.



Christmas, Community long table in Lavender Hill for homeless and destitute

DIVINE DOGS AND CATS FREE FOOD KITCHEN

We serve food to 460 dogs and 239 cats weekly. Our children are taught responsibility for the care and nurture of their pets.



Well done to our Divine Dogs and Cats' teams. We replaced 17 chains with collars and leashes to thus preventing animal abuse and cruelty. To combat ticks and fleas, we spray all dogs once a week.



FREE FOOD KITCHENS

We have four Shipping Container Kitchens thanks to our donor - from Germany.

The containers are in Lavender Hill, Smallville and two in Hazeldean.



The containers are used for cooking, counselling, reading and literacy and library service to communities. Our Executive Director introduced the art of painting to our community children.

Our children enjoyed their creative expression in painting Our Kitchens, in bright, happy colours.



TRINITY ROOTS FOOD GARDENS

INTRODUCTION

We have 2 established food gardens in Lavender Hill and Philippi which continue to provide fresh produce to the kitchens. Food security has become a necessity to safeguard the sustainability of the kitchens.



HARVESTING

The harvest produced by the 2 food gardens are spinach, cabbage & carrots. Both gardens have volunteers who regularly maintain the sites. The nascent Smallville Food Garden received a donation to purchase seeds & seedlings.



STRATEGIC PARTNERSHIP NETWORKS

We remain committed to forming new strategic partnerships and to nurture existing partnerships. Our success rate is evidenced by the donations we received during the reporting period. This approach will enable us to leverage expert assistance and support for the expansion of the food gardens.



FUNDING

We received a substantial donation to increase the fresh produce supplies to the existing kitchen as well as the expansion of the food gardens to all our kitchens.



CONCLUSION

The development of a food garden plan will ensure sustainability and maximum use of resources.

COMMUNITY YOGA REPORT

Despite changing lockdown restrictions and weather conditions during the reporting period, we still managed to present 129 yoga classes to seven marginalised communities of Smallville and Hazeldene (Phillippi), Athlone, Hanover Park, Lavender Hill, Kraaifontein, and Manenberg.



International Children's Day, Lavender Hill

While most of these classes took place alongside our Free Food Kitchens, we also extended our loving yogic embrace to include Bavumeleni (Kraaifontein) and Manenberg Aftercare Centres, offering safe and healthy development opportunities for youth after school.



Nosiphiwo teaching, Kraaifontein



Community Yoga, Hazeldene

A grand total of 3 845 students (mostly children) got to experience the many benefits of yoga on their bodies and minds thanks to our amazing teachers: Nosiphiwo Moshilibane, Roseline Nyman, Deidré Baatjes, Theresa Mvinjelwa, Wageeda Salie, Zizipho Mfeketo, Nandipha Ntongana, Litha Makanda, Nehemiah Fredericks and Lucille Adams.



Community Yoga, Manenberg

We are grateful for their dedicated service and care, as well as our partnerships with fellow yoga NPOs, Health Warriors and Yoga in Colour.

We also deeply appreciate all the contributions made towards our various fundraising initiatives during the reporting period.

Following appeals in January and November, we gratefully received 45 pre-loved yoga mats that were distributed according to the greatest need. Cash donations were used to buy a further 172 mats, sanitiser, stationery and to cover teachers' travel costs.

Our 40-day Kirtan Kriya Challenge that ran from the June solstice was hosted live on social media and generated R5250. A powerful chanting practice from Kundalini Yoga Tradition which improves concentration, cognition, memory, sleep, and emotional well-being.

We are thankful for the unique flavor and expertise offered by Marketing Honours student, Michaela Lane, who managed Revolutionary Yoga's Instagram page for 6 months this year.

On International Children's day in June this year, we were honoured to be featured on two global TV channels - Africa Live and China Global Television Network (CGNT, China's state TV).



Community Yoga, Lavender Hill



The joy of yoga



Community Yoga, Hazeldene

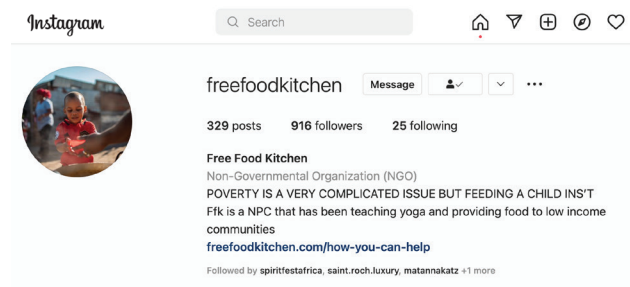
SOCIAL MEDIA

During one year, our social media Instagram account @freefoodkitchen has grown from 350 active followers to 916 due to the fundraising and awareness campaigns done with yoga studios in Europe and America as well as monthly campaigns and advertising with Cape Town studio: ShangriLa Holistic Center.

A call to all members and directors of RY FFK to follow us and share our posts if appropriate with your friends' co-workers and family:

Instagram: [@freefoodkitchen](https://www.instagram.com/freefoodkitchen) and/or

Facebook: <https://www.facebook.com/freefoodkitchen>



FUNDRAISER REPORT

FUNDING

The main funding sources have again come from our local and international yoga community.

Our patrons and board members were central in fundraising events: Gurmukh Kaur Khalsa and Elena Brower have remained committed to assisting us through their 2 fundraising online events which in turn have raised more awareness and increased the number of recurring donations. This was instrumental for our budgeting and planning.

Ilana and Anton from ShangriLa Studio continue to offer monthly meditation sound relaxation classes: all donations from monetary to clothing, books and children's toys go directly to the kitchens. The studio has also donated bookshelves to assist with the library set up as well as equipment needed to set up the kitchen and food gardens. We are currently planning a fruit forest with pomegranate trees, some blueberries, raspberries, blackberries, and strawberries too.

TREASURER – FINANCIAL REPORT

by Theresa Mvinjelwa

FINANCIAL STATEMENT

We are grateful to Theresa Mvinjelwa who does our books of accounts and remains responsible for implementing and managing internal control systems. She also drafts our monthly and annual financial statements.

The financial statement to the right is for the financial year of 2021 and 2022. The financial year ends on the 31st of December 2021 and 2022 respectively. Currently, all our income is based on donations.

We would like to thank all our donors, nationally and internationally, for your support throughout the year.

The comparison of the years 2020 and 2021 shows the increase in operations of Revolutionary Yoga's Free Food Kitchens. During 2021, the need for donations was much higher. The experienced growth in operations in 2021 required constant donations, which we trust will continue to flow in 2022.

DONATION LIST

Some donations came without a name and some perhaps have been mistakenly omitted. It is very important for us to acknowledge you with your full name below.

If there are any spelling errors or your name has not been listed here, please email us: info@freefoodkitchen.com to rectify.

A number of donations and funds were anonymous and a few have perhaps been mistakenly omitted. It is very important for us to acknowledge you with your full name below.

If there are any spelling errors or your name has not been listed here, please email us: info@freefoodkitchen.com to rectify.

FINANCIAL STATEMENT

Balance Sheet Report

Revolutionary Yoga NPC

Run At Date: 31/12/2021

Assets

Non-Current Assets

Accumulated depreciation- Equipment	R -21,006.20
Fixed Assets - Equipment	R 141,789.79
Total Non-Current Assets	R 120,783.59

Current Assets

Revolutionary Yoga NPC	R 105,235.17
Revolutionary Yoga NPC Savings	R 180,130.56
Total Current Assets	R 285,365.73
Total Assets	R 406,149.32

Equity and Liabilities

Owners Equity

Profit and Loss (This Year)	R 179,464.55
Retained Income	R 217,883.80
Total Owners Equity	R 397,348.35

Non-Current Liabilities

Total Non-Current Liabilities	R 0.00
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Current Liabilities

Trade Payables	R 8,800.97
Total Current Liabilities	R 8,800.97
Total Equity and Liabilities	R 406,149.32

Profit and Loss Report

Revolutionary Yoga NPC

Date Range: 01/01/2021 - 31/12/2021
Cost of Sales based on: Purchases

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Sales													
Donation Received -International	82,529	237,693	378,318	35,214	7,878	41,064	0	0	47,821	2,457	0	76,109	908,883
Donations Received- South Africa	8,218	4,550	9,200	3,700	9,670	5,800	6,050	4,589	2,100	2,100	7,259	6,950	70,186
Total for Sales	90,747	242,243	387,518	38,914	17,548	46,864	6,050	4,589	49,721	4,557	7,259	83,059	979,069
Cost of Sales													
Gas	0	0	0	0	940	980	620	840	0	2,440	0	585	6,405
Ingredients Hanover Park	0	1,000	5,200	3,000	4,000	1,450	825	520	0	0	3,000	2,000	20,995
Ingredients Lavender Hill	500	1,200	4,200	4,800	4,800	6,000	4,800	4,800	4,800	4,800	6,280	3,040	50,020
Ingredients Bokmakarie	0	1,000	5,000	4,500	4,400	5,500	4,400	4,400	4,400	4,400	4,400	2,200	44,600
Ingredients Hazeldean	0	0	3,000	4,000	4,000	5,000	4,000	4,000	4,000	4,000	4,000	1,000	37,600
Ingredients Khayelitsha	0	0	3,800	4,000	4,000	5,000	4,000	4,000	4,000	4,000	4,000	2,000	38,800
Ingredients Mxange	0	0	0	3,000	4,000	5,000	4,000	4,000	3,000	2,000	1,500	500	27,000
Ingredients Smaillville	0	0	1,500	2,000	2,000	1,500	2,000	2,000	2,000	2,000	1,500	1,000	17,500
Purchases	26,197	36,264	19,264	26,353	18,620	18,860	19,460	19,220	19,610	18,574	20,164	14,638	257,225
Total for Cost of Sales	26,697	39,464	41,964	51,653	46,760	49,290	44,105	43,780	41,810	42,214	44,844	26,963	499,545
Gross Profit	64,050	202,779	345,554	-12,739	-29,212	-2,426	-38,055	-39,191	7,911	-37,657	-37,586	56,096	479,524
Other Income													
Interest Received	1	1	34	60	75	78	75	73	66	0	0	0	463
Unallocated Income	0	0	0	0	0	0	0	0	500	562	703	775	2,540
Total for Other Income	1	1	34	60	75	78	75	73	566	562	703	775	3,003
Expenses													
Accounting Fees	0	0	0	0	0	0	0	0	0	0	0	3,488	3,488
Advertising	0	0	0	0	886	0	13,884	0	0	0	1,800	0	16,570
Animal Welfare	0	0	0	0	0	0	200	382	0	0	0	0	582
Assets under R1000	0	5,000	2,500	0	0	0	0	0	0	0	0	0	7,500
Bank Charges	569	685	563	777	843	778	963	728	712	1,122	694	687	9,121
Cleaning	226	76	0	0	0	1,545	0	0	0	0	595	0	2,442
Delivery expenses	0	0	0	0	0	0	0	0	0	0	2,500	0	2,500
Depreciation	0	0	0	0	0	0	13,365	0	0	0	0	0	13,365
Entertainment	0	0	0	0	0	0	522	0	155	0	0	0	677
Event	0	0	0	0	1,150	0	0	0	0	0	0	0	1,150
Meeting	0	207	0	518	0	0	0	0	0	0	0	0	725
Motor Vehicle Expenses	0	200	1,477	0	0	0	0	0	0	0	0	0	1,677
Printing & Stationery	0	105	0	65	0	0	0	0	0	39	0	0	209
Repairs & Maintenance	12,448	0	0	31,055	3,058	2,650	3,167	0	0	0	0	0	52,378
Salaries & Wages	8,000	0	0	16,000	8,000	8,000	8,000	8,000	8,000	16,000	0	8,000	88,000
Stipend	0	2,400	2,000	2,200	0	2,600	2,800	3,000	8,800	0	0	2,800	26,600
Subscription & renewals	0	0	1,553	0	0	0	0	0	0	0	0	0	1,553
Telephone & Internet	0	0	0	0	0	0	0	0	0	0	249	0	249

Date Printed: 1/27/2022

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	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Transport	1,252	2,687	3,300	0	350	1,350	0	0	400	6,000	0	0	15,340
Travel Claims	0	0	0	2,078	2,969	3,598	0	4,840	0	6,742	3,713	3,952	27,892
Unallocated Expense	8,000	0	0	0	0	719	115	132	0	228	3,801	300	13,296
Yoga Teachers fees	0	600	0	6,950	2,700	2,850	1,050	0	0	1,050	2,550	0	17,750
Total for Expenses	30,495	11,960	11,392	59,643	19,956	24,090	44,067	17,081	18,067	31,183	15,903	19,227	303,062
Net Profit/Loss Before Tax	33,556	190,820	334,196	-72,323	-49,092	-26,439	-82,047	-56,200	-9,589	-68,278	-52,785	37,644	179,465
Income Tax	0	0	0	0	0	0	0	0	0	0	0	0	0
Net Profit/Loss After Tax	33,556	190,820	334,196	-72,323	-49,092	-26,439	-82,047	-56,200	-9,589	-68,278	-52,785	37,644	179,465

Date Printed: 1/27/2022

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DONATION LIST

We have mentioned all donations in this report that are directly linked via our board members and patrons. However the Gratitude expands much farther than the internal members to every single name mentioned below who contributed. Donations came in the form of books, food, clothes and money.

Abalimi Bezekhaya	Deidre Baatjes	Lenka Deutschová
Abigail Litwa	Devin Kalt	Liana Fruchtman Colas
Adjeet Dev	Domelia	Lindsay Riley
Alice Vacian	Eirene Markenscoff	Linnet Chihaka
Alicia O'connell	Elena Brower	Lisa Faye Hames De Bourcy
Aliny Walsh	Evdokia Golovchenko	Lisa Strauss
Ann Meijer	Felix Hustedt	Lo Vaduva
Anna Avdeeva	Franka Dietrich	Lori Leibovich
Antoinette Leis	Fredre Ferreira	Malikah Elgram
Appolinaria Khvalina	German Development Cooperation	Marcelle Cain
Arlene	Gertie	Margareta Sophia Faul
Armand Lecomte	Giorgia Cavallari	Maria Mendoza
Ashley Haskell	Glynne Newlands	Marisa Weinlich
Astrid Le Roux	Gurjinder Strøm	Marlena Kozakiewicz
Avdeeva Tatiana	Gurmukh Kaur Khalsa	Mary Werner
A T Kriel	Gurushabd Khalsa	Mascha Schwarz
Barbara Calvano	Hannah Dean	Maya Denola
Barbara Olejniczak	Heike & Jens Meyer	Meagan Hopper
Bettina Wertheim	Igor Khvalin	Michaela Chemendy
Caitlin Tyner	Ilana Fintz	Michele Hughes
Caleen Chua	Ivana Zver	Michelle Ichaboe
Chas Clark	Jacky Croke	Mira Binzen
Christine Bumgardner	Janis Heier	Mohinder Singh
Cornelia Van Den Houdt	Jen Coulombe	Myra Santiago
Cristina & Felipe Acosta	Jessica Di Bella	Nadia Padayachi
Cristina Monteiro Lanca	Julie Schuck	Nadine Mcneil
Damian Cardozo	Kathrin Hoppe	Nakisa Sharif-Kashani
Daphne Strauss	Kathryn Witts	Nargiz Alieva
Dara Holzman	Kim Gish	Natalia Arkhipova
Daria Chamkina	Kirpaljot Singh	Natalia Graton
Darlynn Kauffman	Larisa Savchenko	Natalia Khanina
Darren Thebus	Laura Mindell	Natascha Chemendy

Nicki Forman	Vicky Ball
Nicky Kramer	Victoria Malmygin
Nina Adwick	Viviana Laruffa
Parina Patel	Warren Needham
Patricia Nyman	William Wahlen
Paul Heering	Xube Clothing
Rachel Mcdermott	Yashna Singh
Raksha	Yoga Lane
Roald Kley	Y Mutiba
Robyne Cooke	
Ronit Chamani	
Ruzica Stowe	
Sabrina Kappler	
Sandra Cohen	
Sandra Röseler	
Sebastian Maurus	
Serife Welton	
ShangriLa Holistic Center	
Sherry Steine	
Shirley Fintz	
Sina Farahani	
Sopurkh Khalsa	
Soraya Solomon	
Stefanie Lob	
Susan Cleary	
Susan Nicol	
Susan Wahlen	
Terrasano Holdings	
Tiffany Hudgins	
Tina Jokisch	
Tuuli (Nam Rajpriti) Saarela	
Vedya Amrita Bethel	

FREEFOOD KITCHEN

**REV♥LUTIONARY YOGA NPC
BUILDING CONSCIOUS COMMUNITIES**