

# YOGA FOR HOPE 2023

## CELEBRATING 23 YEARS OF HOPE

*Experience Magical India*



IN AID OF THE STREET AND SLUM CHILDREN OF KOLKATA

**Kolkata, India**  
**28th October - 8th November 2023**

- ★ Visit to HOPE Projects ★
- ★ Meditation ★
- ★ Sightseeing ★

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# YOGA FOR HOPE 2023

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## WHAT IS YOGA FOR HOPE?

Yoga for HOPE was established in 2009 by yoga teacher and dedicated supporter of HOPE, Mella Murphy, to help raise much needed funds to support HOPE's projects with the street and slum children of Kolkata.

It is a programme designed for Yoga enthusiasts and Yoga teachers to share their knowledge and pass on the gift of Yoga to the children in The Hope Foundation's protection homes in Kolkata, West Bengal, to help enrich their lives. It was Mella's way to say thanks to HOPE having met her husband, Donal, on HOPE's Himalayan Walk in 2006 (read her story below)! After 5 successful years Mella passed over the group leadership to past Yoga For HOPE participants who have been running it ever since. They are proud to carry Mella's vision to the next level, taking people on a spiritual journey to meet the children of Kolkata.



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## Mella's Story

Mella has practiced teaching the many schools of yoga in Europe, Africa and India for over 40 years. She is also a qualified psychological hypnotherapist and counsellor.

*"October 2006 found me part of a team of Hope Foundation charity walkers going to the Himalayas, India, in aid of the street and slum children of Kolkata. The poverty and suffering in Kolkata must be seen to be believed. I was humbled and saddened to witness such conditions but delighted to be part of a charity which was making such a difference to these children's lives. In the midst of all this deprivation would you believe I found LOVE!! I went to India with the intention of giving a little and I received a soul-mate in return; a wonderful man who has enriched my life! 2008 found us returning together with HOPE to the street and slum children of Kolkata and also to have our marriage blessed and witnessed by the charity which brought us together - The Hope Foundation.*



*In 2009 I decided I wanted to become more involved and to use my passion for Yoga to help the many children of Kolkata who had touched my life."*



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# YOGA FOR HOPE 2023 CO- FACILITATORS

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## *Meet The Team*



**Breda McDonald** has 25 years' experience working with adults in the disability sector. She volunteered with Yoga for HOPE in 2016 and 2018. She continues to be a dedicated supporter and fundraiser for The Hope Foundation and is delighted to lead the Yoga for Hope team 2023. Breda has a wealth of experience in organising retreats in Ireland and abroad. She is a writer/poet and has trained as a holistic therapist, using a range of energy healing modalities. Breda sees it as an honour and privilege to continue this work on behalf of Mella & Donal.

She looks forward with her team Mandy and Aisling to welcoming you on this amazing life changing volunteering journey.



**Aisling Plunkett** has over 20 years' experience working with a variety of holistic and nature therapies, practicing Yoga & Meditation. Her passion is to help people open up to the amazing healing energy available all around us. Having travelled the world Aisling is delighted to be returning to India, this time with The Hope Foundation. It is such an honor for Aisling to be invited to share and experience the love and warmth that The Hope Foundation offers in Kolkata. She is very excited to meet the children whose lives have been touched and transformed by HOPE. For Aisling this will truly be a trip to remember for life.



**Mandy Grant** works as a Social Care Leader for children and young adults for over 20 years and is delighted to be part of the Yoga for HOPE team 2023. She has supported The Hope Foundation since 2016 and was part of a number of fundraisers supporting others who made the trip to India. Mandy has a wealth of professional organisational experience and is delighted to bring that and more to the 2023 trip.



Mandy has a keen interest in a holistic approach to health and self-care. She completed Level 1-2 Reiki energy healing and completed 9 months training in 2021 in Quantum Thinking Technologies (QTT) which include life coaching skills.

# YOGA FOR HOPE 2023 INTINERARY

## *A journey of a lifetime*

The Yoga for HOPE team have an inspiring vision for the 2023 trip. We will arrive and dive into an eventful schedule visiting projects and seeing the wonderful work that The Hope Foundation do in the bustling city of Kolkata.

There will be lots of time to meet and have fun with the children from the HOPE projects.

### VISITS TO HOPE'S PROJECTS

A unique aspect of this journey is visits to HOPE's projects in Kolkata. We believe it is vitally important for participants to see first-hand just where their fundraised money is being put to use. Most importantly, participants will get a chance to meet with some of the children in the projects and visit creches, schools, medical facilities and craft cooperatives run by HOPE, together with our Indian partner groups. This is a unique opportunity to see your fundraising in action. You will never forget your time visiting the children of Kolkata who have been given so little but have so much joy to share.





# FREQUENTLY ASKED QUESTIONS

## *Everything you need to know*

### HOW MUCH DO I HAVE TO RAISE TO TAKE PART?

This trip is **€3,998** per participant in total. Out of these funds, approx. €1,998 will go to cover your trip costs with the other **€2,000 approx. going as a direct donation to HOPE's projects** (exact figure subject to final trip costs). The breakdown of payments will be as follows:

- 1) Funds to HOPE (charity donation + India travel costs to be paid by HOPE): **€2,598 approx.**
- 2) Funds to Travel Agent, Lee Travel (international flights + travel insurance): **€1,400 approx.**

### WHEN DO I NEED TO SUBMIT THESE FUNDS?

The following instalments of funds are requested:

- 1) Deposit €200: On Registration
- 2) Balance €3,798 (approx): TBC

**i** Flights will be booked through Lee Travel and more information about this will be provided at a later date.

### WHAT IS COVERED BY MY FUNDRAISING TARGET?

**Your €2,598 will cover:** hotel accommodation, breakfast and evening meals, tour guides and activities, HOPE t-shirts and fundraising materials, and all transport costs within India.

**It does not cover:** your flight to Kolkata, visa for India (approx. €27), vaccinations and malaria tablets, single room supplements, changes to flights, travel insurance, extra insurance requirements or off-itinerary activities.



### I AM NOT ABLE TO MAKE THE PROGRAMME THIS TIME BUT I WANT TO HELP?

We appreciate there are some of you who are not in a position to travel to Kolkata but still want to support the work of The Hope Foundation. We would be delighted if you arranged some fund-raising activities like coffee mornings, table quiz, raffle, bake sale, Yoga class etc. to help us in reaching our target.

### HOW DO I SIGN UP?

Fill out the Registration Form included with this pack and return to HOPE with a deposit of €200, plus 2 photocopies of your passport. Please send to:



Aoife Bulman,  
The Hope Foundation,  
Silverdale Grove, Ballinlough, Cork.



Alternatively, contact Aoife on:  
[aoife@hopefoundation.ie](mailto:aoife@hopefoundation.ie) or  
by phone on 021 4292990.



If any or all of this programme inspires or delights you, if you are curious or even feel daunted by the way it resonates with you, or if you would like to talk and connect with us to find out more about Yoga for HOPE 2023 please feel free to call us.

*Aoife Bulman - [aoife@hopefoundation.ie](mailto:aoife@hopefoundation.ie) or 021 4292990*

# Namaste

## Breda

[bredamac7@hotmail.com](mailto:bredamac7@hotmail.com)





## ABOUT THE HOPE FOUNDATION

The Hope Foundation was set up in 1999 by Cork woman Maureen Forrest. HOPE works with Kolkata's forgotten children, those who have been victims of trafficking, violence, abandonment, prostitution, sexual abuse and severe neglect. Working with such vulnerable children and their wider families and communities, The Hope Foundation has assisted 2.9 million street and slum children and their families, out of poverty, thus enabling and empowering them to build a brighter future for themselves and future generations.



The Hope Foundation implements over 60 projects in Kolkata ranging from child protection, education, healthcare, vocational training, to support capacity building of individuals and communities.

The Hope Foundation's primary objective is to provide protection to children who live on the streets and in the slums of Kolkata. Child protection is about rescuing children from exploitation and abuse, offering protection and providing them with a safe secure environment in which to grow.

HOPE employ over 500 local Indian staff, and works with a number of local indigenous NGO's in Kolkata, who support the same objectives, and have the same vision as HOPE.



### HOPE's Vision:

*"A world where it should never hurt to be a child."*

Restoring childhoods to children and sustainability to individuals and communities.



For more information on the work of HOPE please visit:  
**[www.hopefoundation.ie](http://www.hopefoundation.ie)**

# YOGA FOR HOPE 2023 REGISTRATION FORM

*Begin your journey*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Mobile: \_\_\_\_\_ Landline: \_\_\_\_\_

Next of Kin - Name & Number: \_\_\_\_\_

 T-Shirt Size: ☐ Small ☐ Medium ☐ Large ☐ X-Large

How did you hear about HOPE? \_\_\_\_\_

## ACCOMMODATION

**\*SINGLE ROOMS:** The accommodation budget for Yoga for HOPE is based on 2 people sharing a room. If you would prefer a single room there is a *single supplement* payable (in addition to your fundraising). This cost will be confirmed before departure. This extra cost should be advanced to HOPE before departure along with your fundraising money. Single rooms are subject to availability.

Please tick your accommodation preferences below:

- ☐ Twin Room Sharing
- ☐ Twin Room Sharing with partner of my choice - Name: \_\_\_\_\_
- ☐ Single Room (I agree to pay the single supplement TBC)\*

## DEPOSIT €200 - PAYMENT DETAILS

Please tick your preferred payment method below:

- ☐ Cheque/Draft Enclosed: made payable to: The Hope Foundation
- ☐ Bank Lodgment. Please contact Aoife for Yoga for HOPE 2023 specific bank account details.
- ☐ Credit / Debit Card. Please contact Aoife on 021 4292990 with card details.



- ☐ I confirm that I agree to the Yoga For HOPE Terms & Conditions overleaf (required)
- ☐ I confirm that I am in sufficient good health to take part in this program (required)
- ☐ I give permission for my contact details to be given out to other program participants who may like to contact me before or after the program.
- ☐ I give permission for HOPE to include me on their mailing list for further info about the work of the charity and future fundraisers.
- ☐ I agree to raise the required amount in sponsorship for HOPE and agree to lodge this with the charity by the set dead line.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please post this completed form + 2 passport photocopies + deposit to:**  
**Aoife Bulman, The Hope Foundation, Silverdale Grove, Ballinlough, Cork**  
**or you may also scan and email your registration to [aoife@hopefoundation.ie](mailto:aoife@hopefoundation.ie)**



# TERMS AND CONDITIONS

## *The Small Print*

1. Participants must be over 18yrs at the time of the program. Under-18s must be accompanied by a parent or guardian (over 21yrs).

2. All funds submitted to HOPE towards your Yoga for HOPE fund are **non-refundable**. In the event of **cancellation**, these funds will be appropriated to HOPE's projects minus travel fees incurred. In the event that you are having trouble reaching your target, please call HOPE for assistance and to discuss possible options.

3. The budget for Yoga for HOPE is based on:

- **Accommodation:** 2 persons to a twin room;
- **Meals and transport** as per itinerary to be set by HOPE and our group leaders.

The costs of your flight to Kolkata, a visa for India, travel insurance cover, vaccinations and malaria tablets, single rooms, pranic healing experience, changes to flights, and non-itinerary-listed activities are **NOT covered** by your required total of €3,998.

4. Fundraising for Yoga for HOPE will be over-seen by HOPE. You should keep HOPE informed of your public fundraising activities and abide by any guidelines given by HOPE in relation to fund-raising practices.

5. HOPE, our group leaders and our representatives in Kolkata, reserve the right to make changes to the programme itinerary if, and as necessary eg. due to project restrictions etc.

6. **Flight Bookings:** Flights will be booked through Lee Travel and more information about this will be provided at a later date.

Participants are required to **remain with the group** for the duration of the programme.

7. Your **passport** must have at least 6 months validity left from the time of the programme to apply for an Indian Visa. Therefore it should be valid until end **May 2023**. If your passport expires before this date please renew as soon as possible and forward a copy to HOPE.

8. All participants should be covered by a travel insurance policy taken out by yourself. However, please be aware that any **pre-existing medical conditions** may NOT be covered by this policy, always check with your Insurer. Participants may use existing policies or take out cover for this programme with HOPE's travel agent if required.

9. By signing up to Yoga for HOPE you are confirming that you are in sufficient **good health** to take part in this programme however in some cases a letter confirming this may be requested from your doctor.

Please inform HOPE before signing up if you have any medical condition that could affect you on this programme. HOPE reserves the right to refuse a place on this programme to anyone deemed medically unfit to take part.

10. All participants on Yoga for HOPE must take full responsibility for getting all the necessary **vaccinations** for India, obtaining **malaria medication** and bringing adequate supplies of any existing medication.

As HOPE has no qualified medical staff, please do not contact our office for details of the required vaccinations for this programme. You will need to attend your own GP or a travel medical specialist in this regard.

If you choose not to get shots or take medication or prefer to use alternative medications, that is your personal choice and HOPE can bear no responsibility.

11. Participants are responsible at all times for your own health and safety and the safety of your personal possessions. While HOPE, together with our Travel Agents, will do all we can to ensure the best conditions possible for your journey, we cannot accept responsibility for any injury, loss or damage that may be suffered by you during the course of your journey or for conditions in India that are outside of our control.

*Thank you for your support,  
**TOGETHER**  
we can make a difference!*

