

“From the red light districts of Kolkata and the slums of Delhi, India, to domestic violence shelters in Santa Fe and underserved schools in the Navajo Nation, The Storydancer Project is making a profound difference, thanks to your generosity.” —ZULEIKHA

The Storydancer Project 2013 Annual Report
www.thestorydancerproject.org

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Under the auspices of The Storydancer Project (TSP), Zuleikha has created an award winning exercise program (RTHEP©), being implemented by CanSupport Home Care Team counsellors. RTHEP© is now part of the home based palliative care provided by CanSupport to needy communities across Delhi. These movements have been shown to promote well being by decreasing anxiety, easing mobility and improving self-esteem. *—Ritu Bhatia, India Today*

February 2013 - The International Conference of the Indian Association of Palliative Care awarded Zuleikha the “Free Paper Oral Presentation” prize for her presentation of the Relaxation Therapeutic Health Exercise Program (RTHEP©), a research project partnership of CanSupport and The Storydancer Project.



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Your work with girls and women brings a new way to value their bodies, enhance good health, and add to their confidence and courage to face the challenges of their lives. The Storydancer Project serving many areas in India is an inspiration to women around the world. *—Hope Project Board of Directors*

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These are simple movements that are relieving and empowering. Thank you for bringing smiles and relief to the women at the shelter. *—Esperanza Staff*

Nourishing the Roots of Wellness & the Heart of Resilience

Challenges Facing TSP Families

EXTREME POVERTY In Kolkata, one third of the population lives in slum areas. In the neighborhood of the Hope Project in Delhi, rapid urbanization has led to overcrowding, unsanitary conditions and an increase in disease and homelessness. The "Hope on Wheels" health van visits outlying parts of Delhi, where former inner city residents have been 'resettled' to areas lacking basic infrastructure and sanitation, with no access to transportation or health care. In San Juan County, Utah, where TSP serves elementary schools, the rate of children living in poverty is over 30%—the highest in the state.

RESTRICTED OPPORTUNITIES & ISOLATION In the rural Southwest, isolation is imposed by distances between towns, and socioeconomic and cultural gaps between Native and non-Native residents. In the Hope Project neighborhood, Muslim women and girls are particularly isolated; conventions such as female seclusion and early marriage mean limited access to education, health care and exercise.

CHRONIC DISEASE For our young constituents in the American Southwest, diabetes and obesity are taking a toll on quality of life and life expectancy. Patients of CanSupport in Delhi suffer from advanced stages of cancer, when palliative care is often the only option. At the Hope Project Health Clinic, people seek treatment for a variety of conditions, including tuberculosis and chronic pain.

RISK OF HUMAN TRAFFICKING In Kolkata alone, more than 60,000 women are trafficked in the sex trade. Their children are also at risk. A form of slavery, human trafficking is one of the fastest growing criminal industries in the world, with an estimated 20.9 million men, women and children trafficked around the world today.

DOMESTIC VIOLENCE Recent statistics rank Santa Fe County #1 for domestic violence compared to other NM counties. The trauma of domestic violence can profoundly affect self-worth, sense of emotional and physical safety, and ability to act in the world.

How The Storydancer Project Helps

PROVEN PROGRAMS

Zuleikha's Take A Minute™ For Your Life Core Wellness Exercises provide an evidence-based movement foundation for all TSP programs. Take A Minute™ (TAM) is proving to have a versatile range of applicability for people in such diverse circumstances as those suffering the ravages of cancer; schoolchildren struggling to learn, sex workers and their daughters with few life alternatives, orphans of war and natural disasters, and survivors of domestic abuse. TAM is also effective as part of a transformative self care model for those who help: doctors, nurses, social workers, teachers and caregivers of all kinds.

MOVEMENT AS MEDICINE

Drawing on movement, breath and rhythm to integrate heart and mind, body and spirit, TSP programs nourish the core of resilience and illuminate pathways of embodiment that offer the possibility of relief and renewal.

COMMITMENT TO PEOPLE

From partnerships with other non-profits to school programs in marginalized communities, TSP forges creative collaborations that thrive! All TSP programs are offered free of charge.

TOOLS for SELF CARE

TSP's Core Wellness Exercise and Movement Arts programs and trainings engage participants holistically through body, mind and spirit awareness, with the goal of fostering sustainable capacity for self-care, heart-centered leadership and resilience.

ABOUT ZULEIKHA

Founder/Executive Director Zuleikha is an international performer, social activist, self-care trainer and teacher in the art of movement. Renowned for her global work, innovative classes, performances, and Rumi Concert collaborations, she is a recipient of the *Images and Voices of Hope Media Award* for outstanding work in the world promoting positive personal and social change. www.storydancer.com

Who TSP Served in 2013

CANSUPPORT

Palliative Care Programs & Trainings, Delhi, India. **70** Home Care Team professionals **221** patients directly served **26,520** patients benefited **135** nurses in Nurses' Foundation Course **37** nursing colleges used TSP Core Wellness curriculum

NEW IN 2013 – Presented prize-winning palliative care research at **2013 IAPCCON**

ESPERANZA SHELTER FOR BATTERED FAMILIES

Self Care & Resiliency Program, Santa Fe, NM. **10** domestic violence counselors **86** survivors of domestic violence

NEW IN 2013 – Survivor, offender & education programs

HOPE PROJECT CHARITABLE TRUST

Exercise & Community Renewal for Marginalized Muslim Women, Children & Families, Delhi, India. **50** kindergartners **40** adults **35** teachers & social workers

NEW IN 2013 – Established Master Teacher Trainings with **45** adults, expanded outreach with mobile health van

NEW LIGHT

Movement Arts, Self-Care & Leadership with Survivors of Sex Trafficking, Kolkata, India. **50** children at Soma Home **9** college-age women at Sonar Tori Shelter

NEW IN 2013 – Pilot project with **15** mothers, survivors of sex trafficking, and **8** staff members. Outreach to battered women's center **30** women

NORTHERN NAVAJO NATION

What's In A Story Literacy, Wellness & Resilience for Elementary Schools, Utah. **6** elementary schools **1,131** students

NEW IN 2013 – Public event with **44** community members. Training for **20** caregivers at rural health clinic

SPECIAL EVENTS

WORLD BUDDHIST CULTURE TRUST, Sakatpur, India

Movement arts for over **100** village school children

UNITED STATES EMBASSY, Delhi, India

Women's Empowerment Mela for over **100** embassy women

The Storydancer Project (TSP), a non-profit international artistic health resource organization, serves girls, women, children and families facing challenging life circumstances by providing innovative Core Wellness Exercise & Movement Arts programs and trainings that foster and enliven greater health, self-worth, resilience and leadership. TSP offers its programs free of charge to the people it serves.



HOPE PROJECT



CANSUPPORT








ESPERANZA



2013 Annual Fiscal Report

TSP is funded by a combination of donations, events, grants and in-kind services. Expenses include program costs, administrative staff, occupancy, printing/shipping, and fundraising.

INCOME		
	Donations & Events	\$56,809.
	Grants-Foundations	66,335.
	Total Income	\$123,144.
	In-Kind Service	\$98,315.
EXPENSES		
	Programs	\$82,010.
	Occupancy, Printing & Shipping	7,485.
	Administration	14,946.



Thank You to our local supporters: Capital Video, Century Bank, Seret & Sons, Livingry Foundation, McCune Charitable Foundation; and to Kalliopeia Foundation, Pende Foundation, Utah Humanities Council, and all U.S. and international individual and business donors, family foundations, community foundations and volunteers.

Donations

MAIL A DONATION see our enclosed envelope.

ONLINE DONATION <https://donatenow.networkforgood.org/121256>

SCAN THE QR CODE with your Smartphone.



The Storydancer Project is a 501(c)(3) organization, Santa Fe, NM.

TSP

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NORTHERN NAVAJO NATION ELEMENTARY SCHOOLS