



**Join the yoga movement
against human trafficking!**

Yoga Stops Traffick is a charitable initiative run by
Adventure Ashram (UK registered charity no No.1122629)

WHO WE ARE

- Yoga Stops Traffick is a global campaign uniting yoga enthusiasts across the globe to raise awareness and funds for survivors of human trafficking.
- Anyone can take part by donating, running their own event, participating in an event near them or online, or practicing yoga in their own home.
- Yoga Stops Traffick is run by a small UK charity Adventure Ashram (charity no: 1122629). Adventure Ashram has been working in India since 2007, supporting survivors of human trafficking through local grassroots organisations.

A group of people are practicing yoga outdoors on mats on a paved surface. They are in a seated position, facing away from the camera. The mats are in various colors like blue, pink, and orange. The background shows a brick wall and some outdoor furniture.

Every year more than 100 events take place from 25+ countries worldwide

What is human trafficking?



Human trafficking involves the recruitment, harbouring or transportation of people into a situation of exploitation. This typically involves the use of violence, deception or coercion.



People trafficking can involve many different forms of exploitation. Victims may be forced into prostitution, labour, begging, criminality, domestic servitude, marriage, and organ removal.



According to the UN approximately 50 million people were living as modern slaves last year.



South Asia, with India at its centre, is one of the fastest growing regions for human trafficking in the world. An estimated 135,000 children are believed to be trafficked in India alone every year.



Join us for Yoga Stops Traffick 2023!

Our flagship YST event will take place on 11th March 2023 at Mysore Palace, India. Join in the celebrations & roll out your mat in solidarity with the young survivors of human trafficking in India!

- More than 100 events will take place from the UK to Iceland to Costa Rica!
- Dozens of yoga studios and hundreds of yoga practitioners will take part.
- Amazing opportunity to support a fantastic cause and join a global yoga community!



With the help of YST, our Indian grassroots partners have...

- Rescued and rehabilitated 13,086 women and children.
- Carried out 475 brothel rescues to underground brothels run by trafficking gangs and educated tens of thousands of children, men and women about sexual exploitation.
- Re-united 1422 trafficked children with their families.
- Brought 459 traffickers to justice

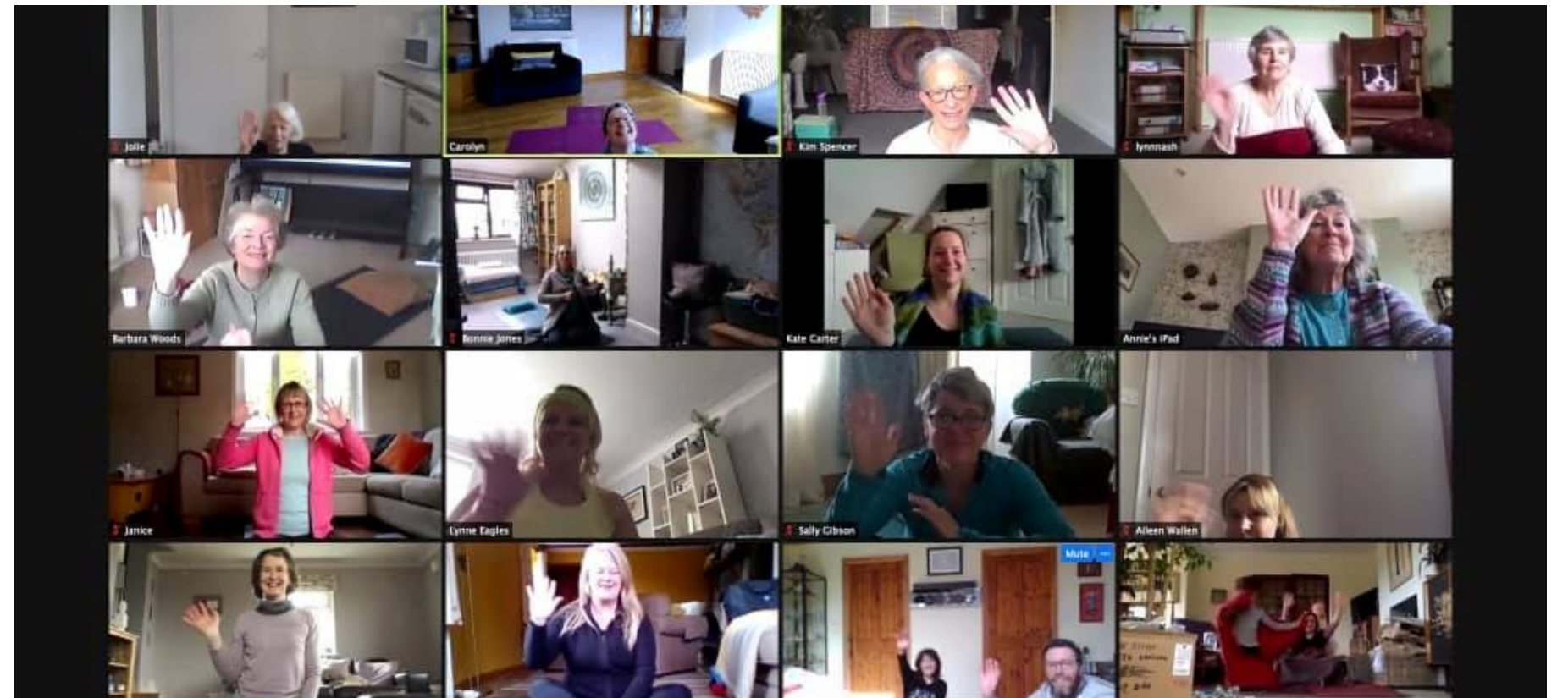
The funds raised through Yoga Stops Traffick help cover the running costs of two safe houses and provide therapeutic support for survivors of human trafficking in Mysore, India.




Take part in Yoga Stops Traffick!

We ask our supporters to join us by:

- Become a regular donor to Yoga Stops Traffick [here](#).
- Set up your own donation-based yoga event or class (in person or online) with all proceeds/ticket income donated to Yoga Stops Traffick.
- Host your own yoga fundraising event on March 11th 2023 as part of our flagship Yoga Stops Traffick annual event.
- Share the Yoga Stops Traffick story with your friends, family and colleagues: www.yogastopstraffick.org [@yogastopstraffick](https://twitter.com/yogastopstraffick)
- Speak to your yoga studio or teacher about partnering with Yoga Stops Traffick.





COVID-19 has disproportionately affected the world's most vulnerable communities, including survivors of human trafficking and sexual violence in India.

Since the start of the pandemic the increased levels of domestic violence reported around the world is a worrying indicator for the living conditions of many trafficking victims. We are committed to bringing an end to human trafficking and supporting young survivors to rebuild their lives during these uncertain times. Your support is needed more than ever!

Every body on every mat counts in the fight against human trafficking! Your support will make the world of difference to the young lives in India that YST works hard to help.

Please get in touch by emailing info@adventureashram.org today-we're here to help and can't wait to hear from you!



GET IN TOUCH!



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