



MID YEAR REPORT 2023-2024

1990-2024: 34 Years of Transformation

YES! connects, inspires and collaborates with multi-generational changemakers to build thriving, just and regenerative ways of life for all. Our programs seek to expand the vision, capacities, and support systems of leaders at all levels — activists, artists, educators, lawyers, and more - to nurture their unique gifts, their opportunities to collaborate and co-liberate, and their power to co-create our world.

Dear YES! Community,

2024 has been a whirlwind of a year so far, with so much happening on the international systemic level that is impacting our individual journeys and our relationships. As a community of global changemakers working to create a world with more justice and more beauty, **YES! staff, facilitators and alumni are responding to the demands of these times by offering even more opportunities for presence, healing and connection.**

So many of us are holding on to hope and battling with despair as **we navigate the ways we can resist the normalization of violence and oppression while continuing to see(k) the full humanity in each other.** We know this work is not for the faint of heart. We also know we can harness much power by coming together to affirm the possibilities of our visions for a better world and to incubate collaboration opportunities to get us closer to those visions.



Thus far in 23/24, we have held **9 in-person Jams** in 4 different countries, almost **a dozen virtual workshops** and spaces to connect on topics such as Grief, Belonging, Play and Workplace Wellness, as well as many in-person and online reunions and alumni programs for our Global Family. And we're only halfway through the year, with many other Jams still to come (including 5 in the next 2 months) and more emphasis on spotlighting and celebrating the stories of our YES! alumni who are making a difference in the lives of millions of people worldwide.

Your engagement and support has been invaluable to YES!'s journey of impact, and we continue to rely on your generosity to keep Jams alive and affordable to all deserving applicants. **Please consider supporting our Spring crowdfunding** campaign by donating what you can and sharing our work with others in your network.

With love and gratitude,

Nour Elkhattaby Strauch
Executive Director, YES!



www.givebutter.com/yesjams24

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YES! Jams Spring Campaign.



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www.yesworld.org



India Youth Jam | October 2023 in Pune, India.

I have transitioned from being an angry cynic on Day 1, to starting to feel curious, feeling loved, to wanting to take ownership and make **more** + do more for this group. I felt confused, surprised, inspired, vulnerable, at peace and sometimes empty. But I was always accepted and I was always loved.

~Kush Sethi, 33, Gardener, Educator, Walk leader, Delhi, India.

Global Eco Mini-Jam October 2023 in Jefferson, ME.

The Global Eco mini-Jam was a fascinating experiment of what happens when experienced facilitants dissect and examine our Jamming practices due to a deep desire to change the system and push the pendulum on climate justice. Everyone's passion for the cause is profound and we're all eager to make progress on a bigger scale. And it quickly became evident that systemic change, no matter how urgent and significant, **can only progress when we work together to foster more individual and collective understanding.**

~Lama El Hatow, 43, Lecturer and Program Coordinator at John Hopkins University, Washington, D.C / Cairo, Egypt.



Northeast Changemaker Jam November 2023 in Saco, ME.

Thank you for helping align my heart, gut, mind, and spirit. For rooting me in place, in myself, in ourselves, and each other. For demonstrating the connection between action within me/ourselves and action in the world and that I/we can be committed to that connection. For sowing seeds that I commit to steadily water.

~Gwendolyn Forrest, 45, Facilitator/Coach, Portland, Maine.



Law and Social Change Jam | November 2023 in NY, USA.

You showed me that I was important, that there's a reason I am here. You made me feel the world is lucky to have me, and for that I am incredibly thankful. I will forever take this with me.

~Adelaida Caballero, 45, Office Administrator at UC Berkeley School of Law - Clinical Program, Berkeley, CA.



EL México Jam | January 2024 in México.

Me llevé una grata sorpresa!! He asistido a otros retiros en mi vida. Pero **el Jam tiene una energía muy especial**; lo sentí distinto. Se siente la energía del corazón.

*What a pleasant surprise! I have attended other retreats in my life. But **the Jam has a very special energy**; I felt it was different. One can feel the energy of the heart.*

~Rocío Mena, 38, ZIKURI Founder, Board Member in Weave a Real Peace, Naucalpan, State of México.





Gaels Jam | February 2024, Nova Scotia.

A transformative experience of loving, gentle community. I loved all the body movements and play. They allowed me to access a freer, more authentic self.

~Joyce MacDonald, 38, Gaelic Instructor, Colaisde na Gàidhlig, Cape Breton NS.

India Eco Jam | March 2024, Bangalore, India.

You gave me a Utopian kind of feeling for the 6 days which I am going to take forward in this Real world. **You gave me such powerful tools with which I can surely make a difference to my life and people around me.** Your appreciation for me taking small steps means a lot. Your hope in this world gives me hope too.

~Nidhi Pal, 30, Nature Educator, Bengaluru, India.



Asian Diaspora Jam | March 2024 in CA, USA.

Thank you for these days of connection, spaciousness, and magic. It is such a gift to find new dear Asian Diaspora community with kinship not just of heritage but also of vision, compassion, and liberation. A gift to have (and practice) the flexibility to meet the moment. A gift to share about wildly similar and wildly different wounds, to honor ancestors, cry freely, celebrate our joy, practice care, create movement and music. **It felt like a little doorway into this other freer world we know in our hearts is possible.**

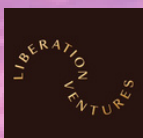
~Rahil Rojiani, 32, Psychiatrist Buddhist Peace Fellowship, Naucalpan, Berkeley, CA.

North America Leadership Jam | March 2024 in CA, USA.

How does one offer such wealth without material means Giving is what you showed me--the spirit of exchange--moving through a network of strangers all fueled by a common intention toward love. My dear jammers, you showed me something like that. You gave me a place where others could see and touch my heart. Is there anything else I could ask? Is there anything more wretched and beautiful? **I will be looking for you, in the grocery, in the park, with my friends, on the street corner, at the dinner table; asking those I encounter, have you also known love?**



~Zacha Belok, 31, Master Somatic Movement Educator & Therapist, San Francisco, CA.



Williams College

Peoples Hub

CODE2040

RECENT YES@WORK PARTNERS

YES@WORK

Nour's facilitation was key for our team to ground into the new year. **We were able to build trust and skill in story telling, which laid the foundations for our retreat.** The culture we were able to establish because of YES!'s session was invaluable! We are excited for the next time.

~Jardana Peacock, Director of Development, Code2040.

YES! VIRTUAL SESSIONS


SEPTEMBER 25, 2023

GLOBAL JAM ALUMNI CALL


Unpacking Relationship with Money

We invite you to the inaugural session of our next alumni call series, hosted by India-based Jam Facilitators Vibhuti and Yash. This session will help us examine our relationship with money, and how it impacts various aspects of our lives, such as work, community, family, and more.


Duration: 90 minutes
 Time: 8am PT | 11am ET | 6pm Turkey/Egypt
 8pm Pakistan | 8:30pm India




VIBHUTI AGGARWAL
 Co-creator at Youth Alliance, Jam facilitator, Clown, Interplay Leader and Community Revivalist in Uttarakhnad.



YASH MANIAR
 Neurolinguistic Programming Practitioner, Jam Facilitator, Leadership Coach and a Social Impact Start-up Enthusiast.



The Jam is Always On! 

Honoring Our Grief

A virtual gathering to honor our personal, interpersonal and global sorrows and foster connection & support.

Date: 29th October 2023 | Duration: 90 Minutes
 Time: 8:30 am PT | 11:30 am ET | 6:30 pm Turkey/Egypt
 8:30 pm Pakistan | 9pm India

With



Shilpa Jain



Nandita Batheja



Register now.



LONGING AND BELONGING

Finding home in the body and returning to the earth.

A Jamful exploration and practice session for extending awareness through the Mind, Body and Nature continuum.

February 12, 2024

Duration: 90 Minutes
 Time: 9am PST | 12pm EST
 7pm Egypt | 10:30pm India



RSVP



Elias Serras
 Jam leader with the Environmental HOME Jam, All Men's Jam and Men Raised as Men Jam



For me, attending YES! offerings in person is not always possible for many reasons. After participating in the virtual session on Longing and Belonging, I was reminded how **meaningful connections can be shared in a virtual space that is created intentionally.** I felt strong bonds among the participants despite our physical distance. I'm so grateful to YES! for providing opportunities to meet in virtual spaces to explore ideas that bring us together and that we can practice and share with others in our own communities.

Lisa Bliss
 Director, Health Law Partnership. Legal Services Clinic, Georgia State University, Atlanta, Georgia.

SCAN TO SUPPORT
 YES! JAMS SPRING CAMPAIGN.

Playshop

Playing Our Way Through Panic to Stretch

A transformative playshop to explore embodied play practices, movement, sound, storytelling, and silliness to gracefully shift from panic to stretch.

Fostering the release of tension, emotional expression, and a profound connection with joy as a sustaining force in challenging times.

29th November 2023 | Duration: 90 Minutes
 9:40am PST | 12:10pm EST | 8:30pm EET | 8:30 | 12am IST



Rehana Tyagar

Register here.



The Jam is Always On!

Virtual Holiday Party & Performances

We are excited to invite you to our annual YES! virtual holiday party to connect with each other, reflect on what this past year has been for each of us, celebrate and honor what we've done as a community, and more. This year, we are also inviting you to share your art with us!

Do bring a song, poem, dance, skit, or other creative piece you'd like to offer. We have space for about 4-5 performers, depending on the length of your piece. Think of it as a secret angel offering to the community.

We are looking forward to gather with you, and entering the warm glow that happens when so many beautiful people & inner lights come together. To register for the virtual party and sign up for the performances, please follow the QR coordinates below and links in the description.

Day: Saturday, December 16th, 2023
 Time: 10:30 am PST | 1:30 pm EST | 9 pm Turkey/Egypt
 11 pm Pakistan | 12:30 pm India
 Duration: 90 minutes




Register here for YES! Holiday Party.




Sing up here for Performances.

Free Your Freestyle

22 May 2024 | 10am-11:30am PST




GINO PASTORING



ADAM ROSENDAHL

Unlock your creativity with freestyle rap in our supportive sessions: everyone from ages 8 to 80 has learned to freestyle with us since 2014, and we believe you can too!



RSVP!

The Jam is Always On!

NURTURING WORKPLACE WELLNESS

Healing from Workplace Trauma

April 03, 2024
 Duration: 90 Minutes
 Time: 09:00 AM PT | 12:00 PM ET | 09:30 India

This workshop offers a space for participants to explore healing from workplace trauma and harm.



YOO-JIN KANG

Suggested Donation \$10 - \$40



RSVP!

Organizational consultant, trauma-informed career coach, & healing justice practitioner.

COMPASSION 2.0

COMMUNITY LAB MEETING TODAY

10 AM PST

THEME: PROSOCIAL TEAMING

FEATURING UPDATES BY:



FELIX SCHOELLER



NOUR ELKHATTABY STRAUCH

FIND MORE INFO IN THE LAB MEETING SLACK CHANNEL

WWW.COMPASSION2.COM

Join Us for a FREE ONLINE, Extraordinary 11-Day Event

DANCES ON BEHALF OF Peace

Celebrating Inner + Outer Peace and the Physicality of Grace

February 19-29th, 2024

Thank You to Our Collaborators



DanceOnBehalfOfPeace.org



www.givebutter.com/yesjams24

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