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Kula for Karma Raises Over \$125,000 at Gala Event



Kula for Karma, focusing on offering therapeutic yoga within the healthcare milieu, raised over \$125,000 at its 4th Annual Gala Dinner Event at the Preakness Hills Country Club in Wayne, New Jersey, on Friday November 4th.

The monies raised will go toward therapeutic yoga, meditation and stress reduction programs for society's most vulnerable populations including those who have been challenged by illness, disabilities, violence and other traumas.

Founded in 2007, the non-profit organization celebrated how far they have come in the past year across three Kula divisions including TeenKula, Caring for the Caregivers and in particular, Kula Care. As part of Kula Care, patients at The John Theurer Cancer Center, based at the Hackensack University Medical Center (HUMC), NJ, are being prescribed yoga by oncologists to complement radiation and chemotherapy treatment.

Kula Care is currently teaching therapeutic yoga, breath work and meditation to cancer patients at the center five days per week with one additional evening class for up to 10 patients. The division offers accessible user-friendly tools for stress management to support those who have been challenged by cancer. The goal is to empower patients to manage pain that may cause anxiety and depression.

Co-Founder and President, Geri Topfer said, "We have exciting programs across our three Kula divisions but in particular, Kula Care is making big strides within the healthcare milieu. We are thrilled and very excited to be partnering with Dr. Andre Goy and his team in providing services at the center and we were honored to have one of his patient's, Joan Bronman, a breast cancer survivor, present Dr Goy with a Kula Angel Award. We believe in integrating "whole person" approaches to recovery and healing that honor the mind, body and spirit of each individual – together we are changing the face of healthcare."