**Budget & Budget Justification**

|  |  |
| --- | --- |
| **Project Budget** | **Amount** |
| Bilingual yoga teacher (Zoe Elena) | $6048 |
| Bilingual program coordinator (Samuel Solis) | $8,369 |
| Bilingual project Advisor (Ariana Thompson-Lastad) | $1,000  |
| Guest presenter honoraria | $900 |
| Therapeutic snacks for class participants | $1500 |
| UCSF RechargesITFS - $66Data Network - $43GAEL - $60CBCR - $14 | $183 |
| Administrative: Finance Support (10% of total grant) | $2000 |
| **Total** | $20,000 |

**Budget Justification:**

**Zoe Elena,** **Bilingual yoga teacher: $6048 (**2 hours per week for 9 months, to prepare for & teach weekly 90-minute class)
Zoe Elena is an experienced, bilingual yoga teacher who has taught yoga for chronic pain in both Spanish and English, including as part of the Integrative Pain Management Program, a UCSF Osher Center-San Francisco Health Network partnership. She will be the primary teacher for this public course.

**Samuel Solis, Bilingual class coordinator: $8,369 (8% FTE for 12 months)**

Samuel Solis is an experienced clinical research coordinator at the UCSF Osher Center who supports the Integrative Pain Management Program for Spanish and English-speaking people with chronic pain. They will be responsible for coordinating the class, including recruitment, outreach, and evaluation. They will work closely with the Osher Center public classes team, who will provide in-kind support with recruitment, e.g., listing the class on the Osher Center website.

**Ariana Thompson-Lastad, Bilingual project Advisor, $1000 (0.5% FTE for 12 months)**

Ariana Thompson-Lastad has extensive experience conducting research and supporting community programs in Spanish and English and is a co-investigator in the Integrative Pain Management Program. She will provide ongoing advising on class development and will lead evaluation of the class.

**Guest presenter honoraria: $900 (**$100 per presenter for 9 monthly presentations)

A guest presenter from the Osher Center, San Francisco Health Network, or community-based organizations will attend the class approximately once a month and provide education on relevant topics (e.g., nutrition for chronic pain, mind-body practices, or community resources for therapeutic movement).

**Therapeutic snacks for class participants: $1500**($42 per class session)

Snacks will be provided at each class session to ensure that attendees are able to fully participate. In our past experience running integrative health programs for people with chronic conditions including people with food insecurity, we have found that people sometimes arrive without having eaten that day. Therefore, providing food is essential to support safe participation in therapeutic movement. Additionally, snacks will be chosen to align with guidance on anti-inflammatory nutrition for chronic pain.

**UCSF Recharges: $183**

UCSF liability insurance [UCSF General, Automobile, and Employment Liability (GAEL) Assessment], UCSF recharge for data network infrastructure costs, ITFS recharge for hardware and software support costs, and faculty childbearing and childrearing leave (CBCR) assessment for faculty.

**Post-Award Grant Management (10% of total grant): $2000**

Cover administrative costs associated with managing funds, including financial reporting, compliance monitoring, and general administration.