

Welcome



# YOGA WITH EXHALE TO INHALE

College Program  
2024



 [exhaletoinhale.org](https://exhaletoinhale.org)

 [@exhale2inhale](https://www.instagram.com/exhale2inhale)

# Track Your Practice

*Yoga with Exhale to Inhale*

SPRING  
2024

- |   |   |
|---|---|
| <input type="checkbox"/> WEEK 1: CONNECTION | <input type="checkbox"/> WEEK 7: INTENTION        |
| <input type="checkbox"/> WEEK 2: ANCHOR     | <input type="checkbox"/> WEEK 8: MINDFULNESS      |
| <input type="checkbox"/> WEEK 3: EXPERIENCE | <input type="checkbox"/> WEEK 9: COURAGE          |
| <input type="checkbox"/> WEEK 4: RESTORE    | <input type="checkbox"/> WEEK 10: CURIOSITY       |
| <input type="checkbox"/> WEEK 5: EMPOWER    | <input type="checkbox"/> WEEK 11: SELF-ACCEPTANCE |
| <input type="checkbox"/> WEEK 6: RESILIENCE | <input type="checkbox"/> WEEK 12: WORTHINESS      |

*Reflections:*

# Track Your Practice

*Yoga with Exhale to Inhale*

SUMMER  
2024

- |   |   |
|---|---|
| <input type="checkbox"/> WEEK 1: CONNECTION | <input type="checkbox"/> WEEK 7: INTENTION        |
| <input type="checkbox"/> WEEK 2: ANCHOR     | <input type="checkbox"/> WEEK 8: MINDFULNESS      |
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| <input type="checkbox"/> WEEK 4: RESTORE    | <input type="checkbox"/> WEEK 10: CURIOSITY       |
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| <input type="checkbox"/> WEEK 6: RESILIENCE | <input type="checkbox"/> WEEK 12: WORTHINESS      |

*Reflections:*

# Track Your Practice


*Yoga with Exhale to Inhale*

FALL  
2024

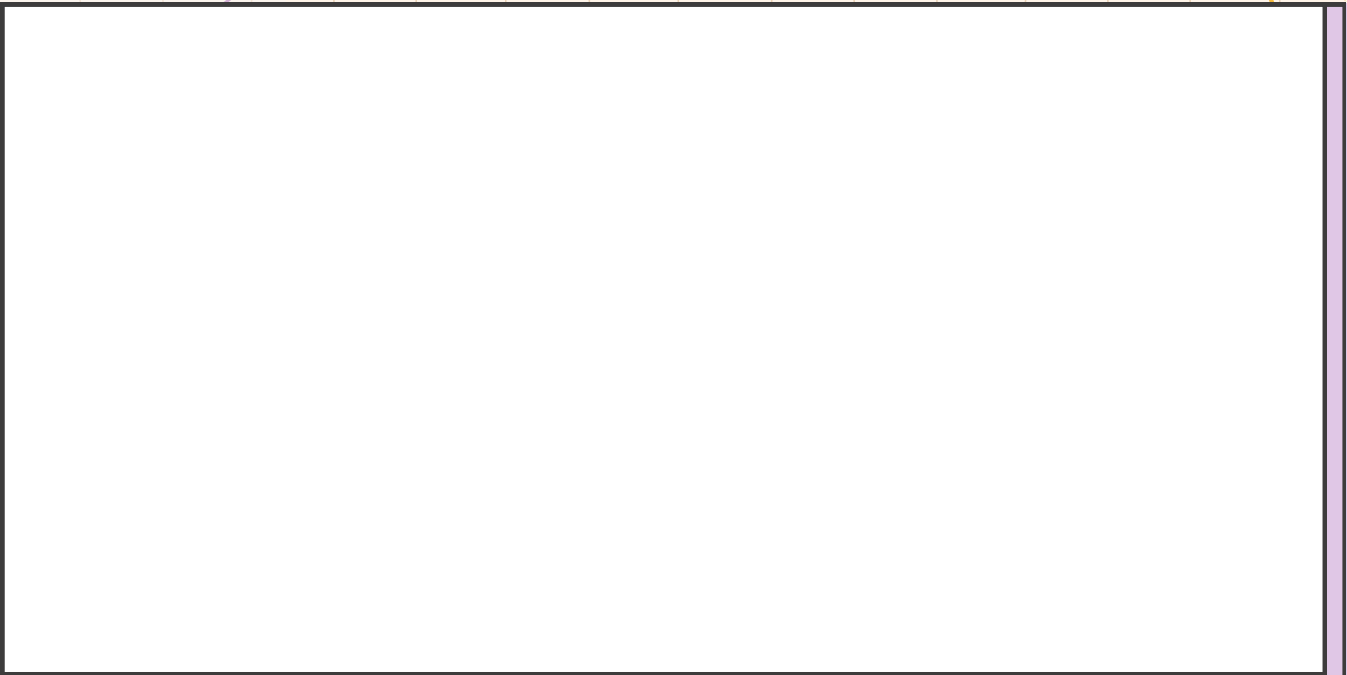
- |   |   |
|---|---|
| <input type="checkbox"/> WEEK 1: CONNECTION | <input type="checkbox"/> WEEK 7: INTENTION        |
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| <input type="checkbox"/> WEEK 6: RESILIENCE | <input type="checkbox"/> WEEK 12: WORTHINESS      |

*Reflections:*

# REFLECTIONS



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# ABOUT US

**In person yoga classes** for 24 weeks, Spring and Fall 2024  
**On-Demand video yoga classes** for 12 weeks, Summer 2024  
[for cis and trans women and non-binary folks]

**Foundational Trauma Informed Yoga Workshop**, Early 2024  
[for faculty, staff and students]

**Supportive Bystander Intervention Workshop**, Fall 2024  
[for male allies]

## Exhale to Inhale

### OUR VISION

At Exhale to Inhale, we believe in yoga's ability to help us reconnect to our worthiness. We believe that we all have the right to feel strong and safe in our bodies, and that we all have the inherent power to heal ourselves and our communities.

### FROM WELLNESS

We are a 501(c)(3) Nonprofit founded in 2013 in honor of survivors of domestic violence and sexual assault, with a mission to offer free, accessible yoga classes as a powerful, body-based resource for healing.



### TO WELLBEING

Our 2024 College Program is designed to support the mental health of young adults, and help create safer campus communities that nurture survivors and allies alike in empowerment, agency, healthy power dynamics and consent to support ongoing wellbeing.



# RESOURCES

 [FREE Virtual DOVE Program Support Group](#)

 [RAINN](#)

[RAINN Mobile App](#)

[Self Care Pinterest Board](#)

[Warning Signs for College Age Adults](#)

[State Law Database](#)



 [NATIONAL DOMESTIC VIOLENCE HOTLINE](#)

[Types of Abuse](#)

[Giving Grace vs Accepting Abuse](#)

[What is Gaslighting?](#)

[How to Talk to My Abuser](#)

[Creating a Safety Plan](#)

[How to Document Abuse](#)



 [LOVE IS RESPECT](#)

[Dating Definitions & FAQs](#)

[Campus Safety](#)

[Support Systems at School](#)

[Title IV](#)



 [NOMORE](#)

[Guide to Healthy Dating](#)

[Understanding Consent](#)

[Early Warning Signs of Abuse](#)



## ITS ON US

Crisis Info - Get Help Now  
About Sexual Violence  
State and Federal Resources  
Title IV FAQ  
Self Care



## BREAK THE CYCLE

Preventing Dating Violence +  
Promoting Healthy Relationships

## SARSAS

FREE Trauma Recovery Online Course

## THE TREVOR PROJECT

LGBTQIA+ Crisis Intervention

## FOR MALE SURVIVORS

Male Survivorship  
Myths and Facts  
Support Group Chat  
Healing Resources  
Book List



## **ADDITIONAL ONLINE RESOURCES**

National Sexual Violence Resource Center  
Joyful Heart Foundation  
Pandora's Project

