

Exhale to Inhale

THE IMPACT OF SEXUAL ASSAULT



1 in 6 Women Experience Sexual Violence (RAINN)

For every Black woman who reports her abuse, at least 15 Black women do not. ([The National Center on Violence Against Women in the Black Community](#)).

Potential Effects of Trauma on the Mind & Body
[Emerson, 2011](#)

- Inability to focus
- Memory loss
- Being easily startled
- Having angry outbursts
- Heart palpitations
- Anxiety and/or depression
- Flashbacks
- Insomnia
- Nightmares
- Intrusive thoughts
- Panic attacks
- Chronic pain

THE IMPACT OF TRAUMA-INFORMED YOGA

EXHALE TO INHALE'S 2020 IMPACT

4,419

Class Sign-Ups

2,048

Classes Taught

574

Unique Students

40

Nonprofit Partners

177

Individuals Trained

14

Scholarships Awarded

EXHALE TO INHALE'S METHODOLOGY

Clients report experiencing the following impacts after class

↑ 21%

Increase in Sense of Agency

↓ 26%

Decrease in Stress

↓ 29%

Decrease in Bodily Pain

"There is something deeply healing and grounding about trauma-informed yoga that individual and group counseling alone cannot achieve"

-Exhale to Inhale Partner

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