



Sexual Assault Awareness Month 2024



HEALING THROUGH COMMUNITY



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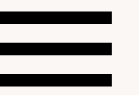




Our Mission

Exhale to Inhale empowers those affected by domestic violence and sexual assault to transform their lives through the healing power of trauma-informed yoga.

Exhale to Inhale's Impact



Exhale to Inhale works in partnership with the New School for Social Research. We measure stress, bodily pain, and sense of agency before and after an Exhale to Inhale Class.

The data we've collected shows that students feel a statistically significant improvement across each wellness measurement.

Read our published research on trauma-informed yoga as a capacity building and wellness strengthening tool in the Violence Against Women Journal [here!](#)

91%

Decrease in
Anxiety

96%

Decrease in
Stress

86%

Decrease in
Bodily Pain

Sexual Assault Statistics



Every 68 seconds an American is sexually assaulted.



Approximately 70% of rape or sexual assault victims experience moderate to severe distress, a larger percentage than for any other violent crime.



Women ages 18-24 who are college students are 3 times more likely than women in general to experience sexual violence. Females of the same age who are not enrolled in college are 4 times more likely.



Healing Through Community

OUR 2024 THEME

WELLNESS
LEADERS



CORPORATE
PARTNERS



SUPPORTERS



Sexual Assault Awareness Month 2024



How to Get Involved



CORPORATE SPONSORS

- Join Exhale to Inhale as a partner and share your organization's allyship
- Access our resources to highlight your organization's contribution and to support you and your team

WELLNESS LEADERS

- Join our Movement for Meaning to connect with our community and dedicate one of your classes to raising awareness and support to provide survivors with critical resources
- Raise awareness- connect with our community and highlight your contribution and partnership with Exhale to Inhale.

SUPPORTERS

- Share facts and guidance from Exhale to Inhale's Sexual Assault Awareness Month Toolkit and invite your network to join our Movement for Meaning to support survivors and allies
- Follow Exhale to Inhale on LinkedIn and Instagram and tag us in your posts so we can highlight your support
- Plan a special event with us to showcase our work together to raise awareness!

Ideas for Events

SINGLE OCCURRING EVENTS

Movement for Meaning: Host a movement class and collect donations for entry in honor of Exhale to Inhale.

Retail Event: Host an event at your retail store virtually or in-person and donate a percentage of your profit to Exhale to Inhale.

Host a Run or Cycle Event: Host a run or charity ride to benefit Exhale to Inhale. Identify sponsors to donate for each mile and invite your friends.

RECURRING EVENTS

Benefit Class Series: Host a regular community class in honor of Exhale to Inhale and donate the profits.

Dedicate a Retail Item: Create or design a special item in your retail store and donate a percentage of each sale.

Fill out the form to submit your event!

Scripts for Use at Your Events

Before an Event

We are so excited to host our event today in support of Exhale to Inhale. Exhale to Inhale brings trauma informed yoga to domestic violence and sexual assault survivors throughout all five boroughs of NYC and across the country. The yoga classes that Exhale to Inhale offers are based on simplicity and choice-making, allowing survivors to gain physical and emotional strength to heal from trauma. We hope you enjoy today's event and please let us know if you'd like to learn more about the organization.

After an Event

Thank you so much for joining us in support of Exhale to Inhale. Your contribution will help bring the healing power of trauma-informed yoga to those who can benefit the most. In addition to classes for survivors of domestic violence and sexual assault, Exhale to Inhale also raises funds to provide scholarships for their trauma-informed trainings in order to build a more trauma-conscious community of wellness professionals. If you'd like to learn more you can sign up for their newsletter, follow them on instagram, or reach out at info@exhaletoinhale.org

Launch Event

SAVE THE DATE: —

Building a Healing
Community

Thursday,
4.4.24 at 5pm | Virtual

Hosted by Chair, Mimi Chiahemmen
SAAM Chair and YPN Member

PANELISTS:

Tara Tonini,
Yoga Teacher and Certified Reiki Master Healer

Matty Espino,
Exhale to Inhale Wellness Instructor and Trainer

Jennifer DeCarli, (she/her/hers)
*Deputy Commissioner for Family Justice Centers
and Survivor Supports Mayor's Office to End
Domestic and Gender-Based Violence (ENDGBV)*

Tap in virtually for a heart-centered conversation on building a healing community and how we can all participate. To mark the beginning of Sexual Assault Awareness Month, we're bringing together a panel of speakers who represent our own healing community at Exhale to Inhale. Moderated by SAAM Chair, Mimi Chiahemmen, we'll begin with an embodied practice and move into unpacking what it means to heal through community. As bell hooks writes, "Rarely, if ever, are any of us healed in isolation. Healing is an act of communion."

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Marketing Materials

You are welcome to use the following graphics to showcase our work together to raise awareness for survivors

HEALING THROUGH
COMMUNITY


“Every survivor
deserves to
heal”

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Breathe In Breathe Out

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Reminder:

Sexual Assault
Awareness Month
does not end in April

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Thank You!

For questions, requests and anything else we can help you with, please email us at development@exhaletoinhale.org