



Exhale to Inhale empowers survivors of domestic violence & sexual assault through the healing power of trauma-informed yoga.

WHO WE ARE

Since 2013, Exhale to Inhale has empowered over 3,000 survivors through this healing practice. Our trauma-informed approach helps survivors reconnect with their own bodies and inherent strength so they can better navigate the challenges they are experiencing.

WHY THIS WORK MATTERS

Trauma is an experience whose residual imprint can remain in the mind and body long after the initial incident has occurred. Research has proven that yoga can serve as a therapeutic tool for survivors. Through this practice, survivors can reconnect to and bolster inner strength as they continue to cope with the long-lasting impacts of trauma.

"My yoga practice gave me the compassion and release I needed to begin loving myself enough to take control of my life."— Exhale to Inhale Student

YOGA WORKS, YOGA HEALS

In addition to first-hand testimonials, we conducted surveys with the New School for Social Research to measure stress, bodily pain, and sense of agency before and after an Exhale to Inhale class. Results showed statistically significant improvement across each wellness indicator.

OUR IMPACT

2,104 Classes Taught | 3,032 Unique Students Served | 7,560 Yoga Visits

Data collected as of January 2020 for 2013-2019.

"I can't emphasize strongly enough how this program helped me begin to feel safe in my body..." — Exhale to Inhale Student

OUR SERVICES

- **Trauma-informed yoga** for survivors of domestic violence & sexual assault
- **Self-care sessions and trauma-informed yoga** for staff at shelters/community centers
- **Trauma-informed teacher training and continuing education** for yoga teachers and other professionals
- **Self-care sessions and trauma-informed yoga** for corporations

DONATE

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Exhale to Inhale is a 501 (c)(3) charitable organization. Tax ID 46-4225128.