



Together in
HOPE
2021



Exhale
to Inhale

Annual Report

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A Note from Our Executive Director

Looking back on 2021, I'm struck by the resilience, perseverance of hope, and healing cultivated in our community. As witnesses to each survivor's unique healing journey, our organization is continually inspired and grateful to support so many paths of courage and empowerment, and this year, gaining an entirely new understanding of what "togetherness" can look like.

Over the course of 2021, Exhale to Inhale embraced healing through growth, honoring the non-linear and individual journeys healing can take. As we've seen throughout these difficult years, healing consists of unbridled courage. It begins with small steps, which over time transform us as we regain our footing and bolster hope for a brighter future. This hope is as much a feeling as it is an action.

In 2021, we gained an entirely new understanding of "togetherness." By not being able to be in the same physical space during a time when community was craved most, we learned to pivot and meet the needs of our community in new and different ways. Our dedicated team of staff and trauma-informed yoga teachers and wellness instructors transformed our services online through innovation and determination. We continued to support and grow our partnerships while also offering our support to survivors of domestic violence and sexual assault in our communities through free public classes.

Like so many over 2021, we reckoned with the understanding that "togetherness" hasn't always meant the inclusion of every body, every person, and every experience in many of the spaces we inhabit. It showed us we needed to change and make our trauma-informed classes, training, and work more accessible to more people. By moving our work into the online space, we learned over the course of the year that being "together" can mean so many things: Being together in hope, being together in vulnerability, being together across locations and experiences, ages and abilities, and cultures. On the days when it felt hard to show up, we never failed to be uplifted and inspired by this community. Our community showed up again and again and again, supported their own healing, supported one another, and in-between, found new ways to take action within this "new normal" in which we were living.

As we grow into the new chapter, combining in-person connection with online, accessible content, we remain dedicated to making our trauma-informed classes even more inclusive and accessible for our clients and adjusting to our community's changing needs. But before we look ahead, we want to look back and answer the question: How did we continue to rebuild and reimagine the healing journey for survivors despite the setbacks in 2021?

YOU. You-through your belief in us, your willingness to share the importance of healing through trauma-informed yoga, and your abundant generosity in support of our work!

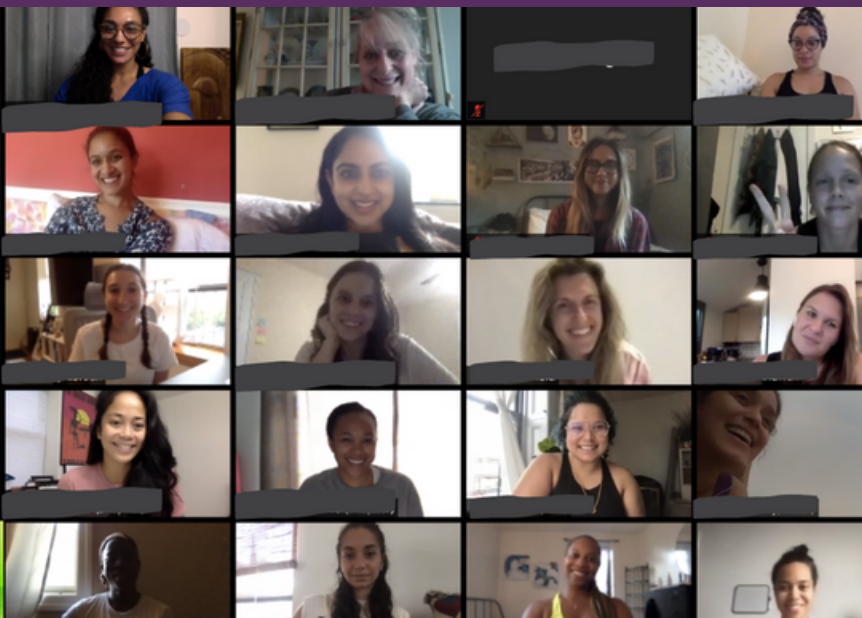
This past year, our entire community – survivors, donors, and friends – inspired us with their hope and their resilience. We simply cannot express our gratitude for allowing us to come together with you- side by side – to continue providing trauma-informed yoga to as many as possible. Thank you for truly putting hope into action in ways we never thought possible!

In Gratitude,



Maggie LaRocca
Executive Director Exhale to Inhale

Hope and Togetherness Re-imagined



Welcome to our Annual Report for 2021. This year, our community grew in hope together.

We hope that this report reminds you of the innate ability within us all to grow and heal through the transformative power of community.

MISSION: Exhale to Inhale uses the healing practices of trauma-informed yoga to empower survivors while helping communities to develop the skills and knowledge to support them.

As we continued to rebuild after the pandemic, we sought community more than ever. With the past two years posing many challenges, trials, and traumatic experiences for the community at large, we knew we had to not only achieve our goals but exceed them for those who rely on our work.

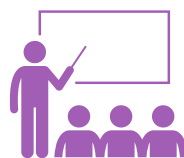
TOGETHER, we helped survivors reclaim their breath through the healing power of trauma-informed yoga. During the past year, we refined our trauma-informed methodology to serve our survivors, partner agency staff, and the community at large with a safety, simplicity, and choice-based philosophy. Read along to join us in a celebration of our steadfast efforts to put HOPE IN ACTION and support survivors—no matter what.

A RECORD SETTING YEAR



2,575

Classes offered



325

Trauma informed training participants



48

Community and agency partners



16,000

Class registrations

A Year of IDEAS: A Space for All



In addition to directly supporting survivors, Exhale to Inhale focuses on widening the yoga space to ensure room for individuals of all identities, trauma backgrounds, and learning styles.

Inclusion, Diversity, Equity, Accessibility, and Social Justice (IDEAS) are core facets within Exhale to Inhale's mission. As part of the ongoing IDEAS work at Exhale to Inhale, we launched our first-ever IDEAS Guide Team- a collective thought partner and action cultivator as it relates to forward movement and progress for the organization.

First, the IDEAS Guide Team surveyed community stakeholders to learn more about how we are doing and to find areas of opportunity. Next, the IDEAS Guide Team shared our results and identified key areas of focus. Finally, the IDEAS Guide Team developed a charter and action plan for the future with a focus on more diversity amongst staff and community members, more opportunities for staff and community to engage in IDEAS work together, and ongoing feedback mechanisms for instructors, staff, and community to voice opinions and feedback.

"Being a part of the IDEAS Guide Team helps me take an active role in ensuring that IDEAS principles are an ongoing part of our mission at Exhale to Inhale."

*Vanessa Chu, Exhale to Inhale Board Member,
IDEAS Guide Team Member*

Joining Together in Hope: Partners in Healing

With Exhale to Inhale's transition to hybrid programs, the move to online meant we were able to provide a continuation of support for clients in shelters and community agencies in New York City and expand into new locations across the country, where our classes were able to provide much-needed support.

Through our efforts, we have ensured that clients have continued access to classes throughout the pandemic. With our partners also moving to an online format, we needed to become creative with delivering our services. We kept our communication consistent and worked with each partner facility to support their unique needs. Exhale to Inhale Teachers played a pivotal role by adapting the trauma-informed methodology to an online format and continuing to make impactful connections in the virtual space.

As the pandemic continued, staff at our partner agencies reached out for our support as well. While navigating vicarious trauma and surviving a pandemic themselves, many staff members found that our classes provided a much-needed space to reconnect with their own needs so they could better support their clients

With so many in need of support throughout the pandemic, Exhale to Inhale was able to provide a space for clients and staff to take care of themselves and prioritize their wellness. We were humbled by the courageous steps all of our class participants, clients and staff, took in recognizing their own needs and joining us in community as we healed together.

Over the course of 2021, Exhale to Inhale partnered with:



Participant Observations

Whether the students were interested in making their own yoga classes more accessible for trauma-survivors or were interested in deepening their own understanding of trauma within, they graduated the training with a grounding knowledge to serve both their communities and themselves.

The instructors were so kind and knowledgeable. I loved the structure and content of the training, it was all very informative. All information shared was useful and I feel able to implement into my teaching right away.

I think that all yoga teachers and healing professionals should have access to this training. I believe that it is crucial to learn about trauma and how it affects students we serve to become an effective support for them.

The trainer's care for this work is genuine and palpable. They were so open to everyone's input and comments and tried their best to facilitate good discourse and interaction among all the participants.

I felt like this was a safe place for me to show up as my authentic self.

The content was interesting, organized and had just the right amount of detail. I felt safe and comfortable discussing my perspectives [...] The days were structured with room to go with the flow when needed, and there was always plenty of time reserved for questions.

I felt this was a great training for anyone who works with trauma survivors or with people in a physical setting. It was great!

The learning environment and structure of the training is set up well, the topics are explained and discussed in a manner that is respectful as it is informative. I left this training feeling more educated and aware of trauma and how yoga relates to trauma as a healing modality.

Trauma-Informed Yoga Training: A Community of Hope

"The trainer's care for this work is genuine and palpable. They were so open to everyone's input and comments and tried their best to facilitate good discourse and interaction among all the participants."



Julie Fernandez,
Lead Trainer & Curriculum Mentor

“My healing journey was about befriending my body. Learning how to feel safe in my body. Find my strength and therefore to also feel safe in the world once again.”

“I am empowered to help others find that sense of safety in their bodies and in the world as well.”



15

**Trauma-Informed Yoga Trainings
Focused on Understanding the
Impact of Trauma on Mind and
Body.**



325

**Individuals Trained and Sharing
Trauma-Informed Yoga Back
With Their Communities**



25

**Scholarships Awarded to
Increase Equity, Diversity and
Representation**

100%

of Participants report their knowledge
base has grown and feel empowered to
use the materials.

99%

of Participants report their confidence
has grown as a result of ETI's Workshops.

Exhale to Inhale Scholarships: Learning Together

In the words of our Chief Program Officer, Aditi Davray:

"Exhale to Inhale's sixteen-hour trauma-informed yoga training equips individuals and communities with the skills and knowledge to support domestic violence and sexual assault survivors. The scholarship program allows us to bring this education to individuals who may not otherwise have access to this information. In doing so, our hope is that these individuals can have a profound positive impact on the communities that they represent. I am delighted to welcome this scholarship class of 2021 to Exhale to Inhale's teaching community and congratulate them for being our allies in this work."



**Additional
Participants:**
*Jessica Altchiler
Wendy B.
Alejandro Desince
Jasmin Pena
Henriquez
Masidah Hartgett
Ruby Hurlock
Rachel Daisy Leontyne
Emily Perillo
Mitzi Mendez
Thiasa Naidoo
Donna Navaroo
Vanessa Taal
Molly Vallilo
Veronica Vega*

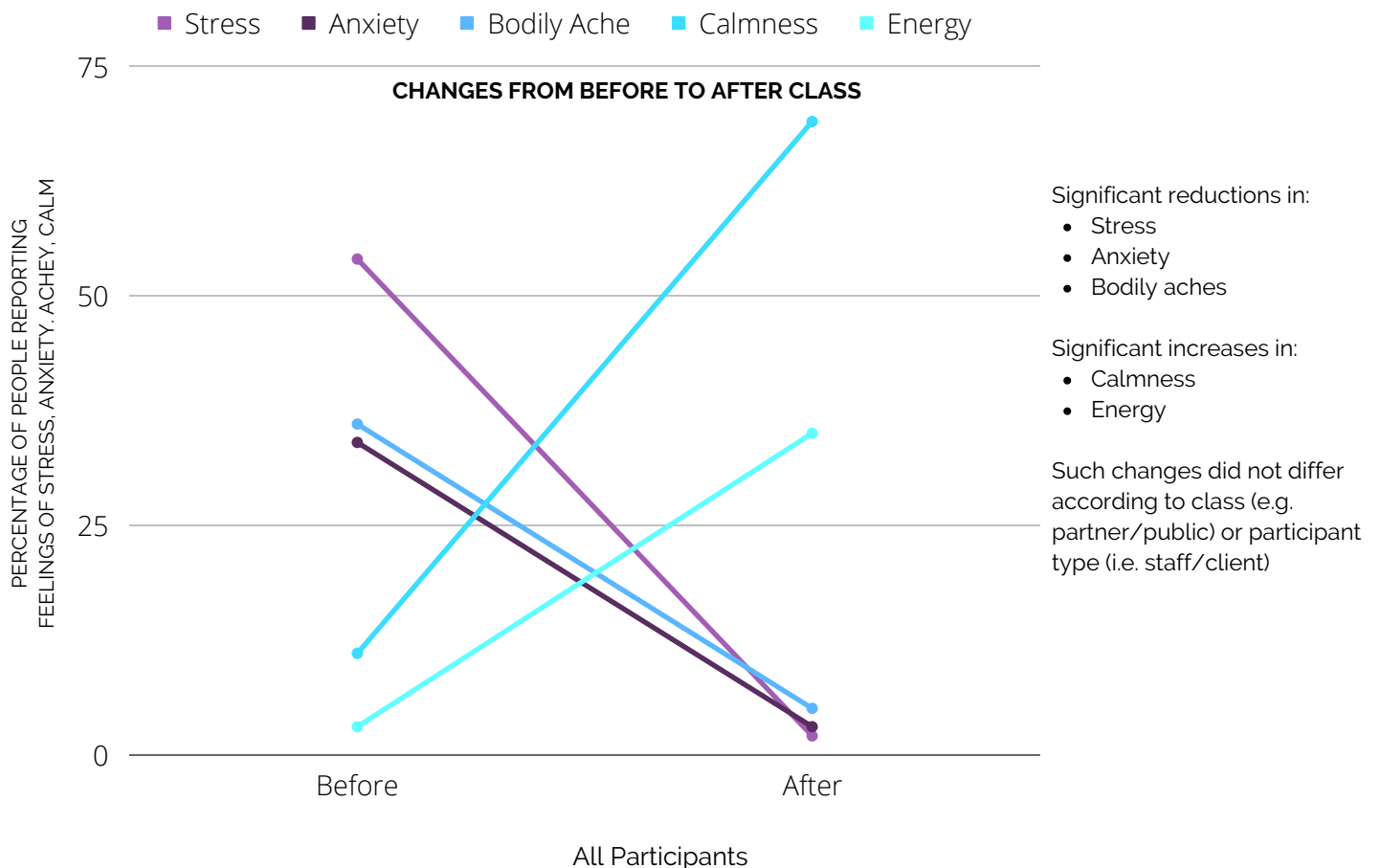
2021 Scholarship Recipients (left to right): Ariellyn Luna, Lorine Bamberg, Monika Estrada Guzman, Michele A. Yankson, Abigail Morrissey Riordan, Christina Roy, Cordelia Orbach, Talia Steiger, Viana Mora, Lisa Ermel, and Megan Skelly

Research + Trauma Informed Yoga

Exhale to Inhale's trauma-informed yoga is a survivor-centered, capacity-building program that addresses mental and physical health. Accessible and adaptable to various contexts and populations, trauma-informed yoga can be taught remotely or in-person at residential and non-residential agencies, supporting individuals impacted by sexual and domestic violence. Data has proven that trauma-informed yoga helps equip survivors and affiliated staff with body-based coping skills and strengthened self-efficacy. Such benefits may empower survivors to remain separated from abusers or seek help in alternative ways, and manage trauma-related symptoms, including somatic complaints, chronic stress, and emotional difficulties.

These results support the use of trauma-informed yoga as a verified method of recovery for survivors of domestic violence and sexual assault and their communities.

Thank you to our evaluation partner, The New School, for its data analysis of our 2021 Program evaluation. The total response size was 353, 61 from public class participants, 14 from corporate participants, and 278 from partner class participants. The assessment aims were: Impact of remotely taught classes and the impacts of trauma-informed yoga on stress, somatic complaints, and self-efficacy among survivors of IPV and affiliated staff in community-based domestic violence agencies. ETI's methodology fosters agency among participants, in part, by encouraging choice-making when on the mat or in a chair.



Board Leadership This Year

This past year, we were honored to have the addition of Ana Pincus and Rebecca Burgoyne to our esteemed Board of Directors.

Ana Pincus has always been a passionate advocate for women, climate justice, and giving voice to the marginalized through documentary films. In her twenties, she volunteered with Mother Teresa at the Kalighat Home for the Dying Destitutes in Kolkata. Her work with Mother Teresa led her to produce and direct her first documentary, *Mother's Teresa First Love*. She went on to produce several other documentaries, including *Soldiers of Peace* for CNN and *The War Against Women*. She is currently a partner and Executive Producer at Doc Land Films, which is committed to creating social impact content. Ana is also on the board of SOLA (School of Leadership, Afghanistan), the first private boarding school for girls and the first of its kind in Afghanistan. In 2017, she co-founded Orez Lifestyle, an eco-driven brand committed to promoting zero-waste consumption. Additionally, as well as being a mother of three, Ana facilitates The Sacred Circle, a nonjudgmental and safe space for women to gather, share, heal and come home to self. This year Ana founded the Akhilanda Women's Foundation with the mission to support projects, groups, or organizations that help women heal from trauma and reclaim their lives. Her foundation is committed to providing access to healing, regardless of socioeconomic barriers, to all women.



Rebecca Burgoyne leads the operating strategy for Goldman Sachs Asset Management. She started her career advising trading desks on market risk and capital requirements and she previously served as the chief operating officer of the firm's multi-asset solutions business. Born and raised in Ft. Mitchell, Kentucky, Rebecca learned from an early age the importance of supporting and empowering the members of her community, first from her grandmother, mother and aunts who served as community advocates, teachers and attorneys. Since moving to NYC in 2010, Rebecca has sought to improve the lives of women and girls in New York City. She currently serves on the Angel Alliance for the Lower East Side Girls Club.

With the addition of Ana and Rebecca, our Board guided us throughout this past year to make the best possible choices for innovative, effective, and research-based programming that support survivors from all walks of life.

Summer Speaker Series



Summer 2021 allowed Exhale to Inhale to introduce three legendary speakers to our community via a special summer series titled, **From Self-Care to Collective Care: Healing in Community** featuring Dianne Bondy, Tejal Patel and Dana Asby to discuss their perspectives on self and collective care.

Our first conversation, "Accessible Self Care: Creating Meaningful Practices" featured **Dianne Bondy**, celebrated yoga teacher, social justice activist and leading voice of the Yoga For All movement. Dianne made change in the yoga industry by educating on inclusivity, body image, self-empowerment, and holistic wellness. Throughout the COVID-19 crisis many realized the need for foundational self-care and yet, "self-care" may be seen as a privilege for only the few who can afford it.

Dianne recognized this gap and learned how to incorporate accessible and sustainable practices for supporting oneself into daily life, regardless of background, ability, or identity.

For the second, of our three-part speaker series, **Yoga Philosophy for Social Justice**, we were joined by **Tejal Patel**, founder of Tejal Yoga and abcdyogi, and co-host of the "Yoga is Dead" Podcast. Tejal is a yoga educator principled in the eight-limbed yogic tradition, and an advocate for South Asian teachers in Western yoga offerings. Her work centered social justice and uplifted critical conversations around inclusivity, power and privilege in the yoga & wellness worlds. During a time of increasingly visible social inequities, participants

joined Tejal to learn how to turn to a holistic and authentic yoga practice for guidance in supporting social equity in our own communities and the world.

For our final conversation, co-author of **Compassionate School Practices - Fostering Children's Mental Health and Wellbeing**, Exhale to Inhale Wellness Instructor and former Director of Innovation and Research Support at the Center for Educational Improvement and Educational Coordinator of the new England Mental Health Technology Transfer Center, **Dana Asby** shed light on how school systems can approach community care. This last conversation with Dana, provided us much needed holistic resource and guide to fostering children's well-being and mental health so that it may have a ripple effect and transform the lives of entire communities.



Celebrating Hope in Action

Exhale to Inhale's 3rd Annual Gala | October 20, 2021

Our 2021 Virtual Gala honored and celebrated our community's steadfast efforts to put HOPE IN ACTION and support survivors. With help from generous friends, donors, partners, and supporters, we raised nearly \$100,000 from this event.

Exhale to Inhale shared the 2021 Voice of Courage with Zabie Yamasaki. Among so many other accomplishments, Zabie is an inspiration, mentor, and a key contributor to the Exhale to Inhale Fellowship Program.



Zabie Yamasaki



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Sponsors:

Silver:

Ana Pincus
Wael Younan

Champion:

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Akhilanda Women's Foundation,
Ashley Antler
Carol and Robert Antler
Vanessa Chu and Kori Yoran
Zoë LePage
Dhiren, Sharmila, and
Simrin Rawal,
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- Andrew Taub
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- Rena Tucker
- Patricia Weiss
- Wael Younan
- Laura Zdrowski

Wrapping up 2021



To mark the launch of Lady of Record, a women's financial health brand, **Kendra Scott SoHo** hosted an after-hours, in-store conversation & celebration of women's empowerment through mental, physical & financial health.

Inspired by Kendra Scott's SoHo story & to support Exhale to Inhale's mission of empowering survivors of domestic violence & sexual assault through trauma-informed yoga, the evening uplifted all those who joined for this special event.

New Grant in 2021:

MLB and MLBPA Healthy Relationships Community Grant

Exhale to Inhale is proud to partner with the MLB and MLBPA as we work to provide powerful, body-based resources for healing from trauma for survivors of sexual assault and domestic violence. Through this generous grant, we will be able to advance our mission to provide survivors with the resources necessary to reconnect with their bodies, calm their nervous systems, and decrease levels of stress.

With the MLB and MLBPA's support, Exhale to Inhale will be able to offer more classes for survivors, partner agency staff, and the community at large, while training teachers, leaders, and counselors to lead in a trauma-informed way.



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ENDGBV's 2021 Advocates of NYC!

Congratulations to
Aditi Davray
Chief Program Officer from Exhale to Inhale
2021 Advocate of NYC



Thank you for supporting survivors of domestic
and gender-based violence!



Chief Program Officer, Aditi Davray, Named ENDGBV 2021 Advocate of NYC

In December, Exhale to Inhale Chief Program Officer, Aditi Davray was honored as 2021 Advocate of New York City of the Mayor's Office to End Domestic and Gender-Based Violence. She was honored as a 2021 Advocate of New York City for her work on behalf of survivors of domestic and gender-based violence. She was nominated by her peers for her dedication and compassion, and for her steadfast belief that together, we can end domestic violence.

A Community of Hope: Together, We Heal

Throughout 2021 our donors helped us to provide unwavering support to survivors in a year where our services were so crucial for clients and staff, rebuilding hope after a difficult two years.

Benefactor:

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Creative Planning

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John Garay
Elena Keil
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Andrea Ormond
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Tangerine Yoga
Nina Latimer
Michelle Martinelli

Corporate Champions:

flamingo

Flamingo is an award-winning body care brand that sets aside 1% of all sales to support nonprofits working to improve physical, emotional and mental health through the pillars of education and healing.

**here
to be.**



Here to Be is lululemon's social impact program that disrupts inequity in wellbeing through movement, mindfulness, and advocacy.

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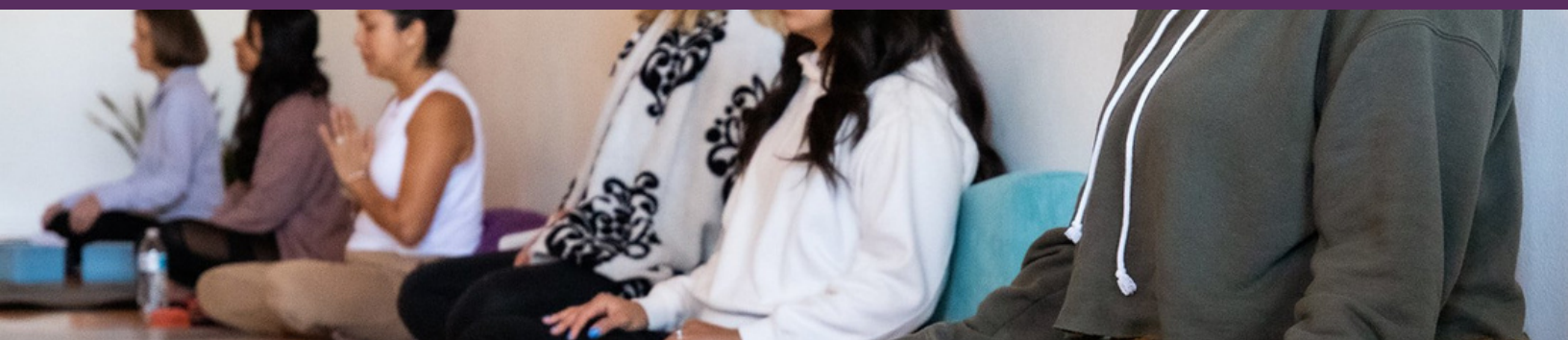
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Megan Siniscalchi
Michelle Vogt
Bridgette Well
Angie Whitehurst
Dafna Yoran
Wael Younan





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Angela Boswell
Astrid Locker
Cheryl Chen
Christina Jones
Dana Asby
Elise Benkard
Ellyn Gerry
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Together in
HOPE
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Exhale
to Inhale