



**Exhale  
to Inhale**

*2022 Annual Report*

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# A Note From Our Executive Director

In 2022, Exhale to Inhale joined with our community to work our way through how our programs and services could best support survivors and communities impacted by sexual and domestic violence in the new normal. With our world forever changed, we found much opportunity to extend our reach even further and in new innovative ways combining that in-person engagement that we all thrive on and the accessibility that we found in digital connection.

Moving forward looks different for each of us, and we were most inspired by the growth we achieved together. With a trauma-informed lens, we continued to emphasize the importance of choice with a focus on listening to our partners, connecting with survivors seeking our support, and sharing our training to help build capacity in our communities and our world at large. We are more inspired than ever by the diversity of our community and those that step forward to take action by participating in a class or one of our trainings.

This forward momentum is grounded in our predictable commitment to empowering survivors and others impacted by sexual and domestic violence through the healing practices of trauma informed yoga. Despite the challenges in the last couple years, there is a window of opportunity for all of us to work towards healing- not just for some, but for all. With more focus on the importance of self-care and wellness tools like trauma-informed yoga, we hope to share our tools and our experience as broadly as possible.

This year, we took a moment to reflect on our progress so far and think about the next 3 years of growth through the strategic planning process. Together, with all members of our community from class participants, to staff, board members, we created a strategic plan to define our unique space in the nonprofit and domestic and sexual violence services place and to create a path moving ahead for the next 3 years.

We boldly will work towards a world where every survivor has access to the healing practices of trauma informed yoga. And we can't do it without YOU. Each of you brings energy, support and care for the work we do. Your commitment to uplifting the needs of survivors of sexual and domestic violence, and your willingness to think of new and innovative ways that we can offer healing pathways inspires us.

Thank You

In Gratitude,

A handwritten signature in cursive script that reads "Maggie La Rocca". The ink is dark and the signature is fluid and personal.

Maggie La Rocca

Executive Director Exhale to Inhale

# 2022, A Year of Inspiring Growth



Thank you for being part of the Inspiring Growth that Exhale to Inhale experienced in 2022. Together, we found new meaning in order to carry out our mission in a different way than before.

While innovation was a necessity during the last couple of years, we have learned that digital programs help us extend our reach while bearing our capacity in mind. We have been able to share the healing practices of trauma informed yoga with more partners, more survivors, and more yoga teachers, allies and community members interested in our work.

In the same breath, 2022 brought back opportunities to engage with our community in person again, highlighting the importance of human connection. By combining in-person and digital offerings, Exhale to Inhale has grown to reach more survivors and communities in ways that are choice-based and accessible.

## 2022 IMPACT



51

NON PROFIT  
PARTNERS



30,392

CLASS  
REGISTRATIONS



2,428

TRAUMA INFORMED  
YOGA CLASSES



2,156

PUBLIC CLASS  
REGISTRATIONS



265

INDIVIDUALS  
TRAINED



27

TRAINING  
SCHOLARSHIPS

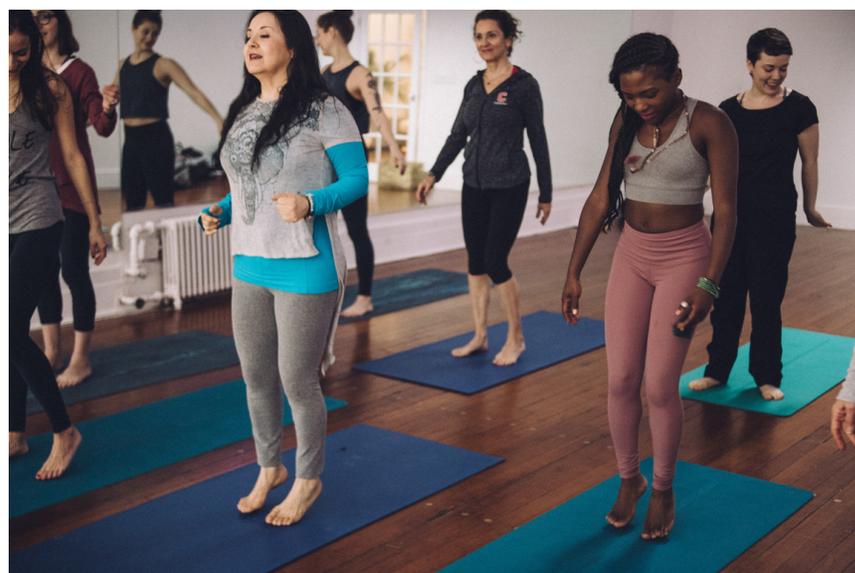
# Planning for the Future- An Inspired Look Ahead

## An Inspired Look Ahead

Exhale to Inhale engaged our community in our first ever strategic planning process. We asked our community about what made our organization strong and where there might be opportunities for growth. Looking across the landscape of nonprofits, we also reflected on how we fit into the work that our peers and others in the space were doing.

Our focus is simple- bring trauma informed yoga to survivors of sexual and domestic violence- yet, our impact is multi-dimensional.

Exhale to Inhale reaches and empowers survivors of domestic and sexual violence with trauma-informed yoga by engaging in partnerships with service providers, directly providing classes and support, developing an inclusive community of TIY care providers, and educating the broader community about the value of TIY and wellness tools for healing.



# Developing our Theory of Change

## ACTIVITIES

### Partner with Nonprofits

Serving DV/SA Survivors to Provide Trauma-Informed Yoga for Survivors and Staff

### Offer survivors

and others impacted by domestic and sexual violence free online trauma-informed yoga classes

### Expand community of TIY instructors and care providers

through training, emphasizing inclusiveness through scholarships.

**Increase awareness** of TIY's role in wellness through community education and knowledge sharing to build the field.

## SHORT-TERM OUTCOMES

### Survivors

- Increased access to TIY, other wellness resources
- Reduction of trauma symptoms: decreased stress, reduction in bodily pain, increased sense of agency
- Understanding of trauma impact on the body and benefits of TIY

### Survivor Support Nonprofits & Professionals

- Understanding of value of TIY, other wellness resources for survivor healing
- Adoption of consistent TIY practice
- Reduction of compassion fatigue, burnout and improved well-being
- Ability to provide improved support for survivors through knowledge of TIY

Broad understanding of and support for wellness support for healing

## LONG-TERM OUTCOMES

### Survivors

- Sustained wellness
- Ongoing practice of trauma-informed yoga
- Ongoing healing, empowerment in making own life choices
- Sense of belongingness to community with shared understanding
- Stronger mental health & function

### Survivor Support Nonprofits & Professionals

- Continuing engagement & education in TIY
- Ongoing application of TIY knowledge practices in professional work
- Create safe spaces for survivor healing in all parts of their lives, peer leadership

Broad integration of TIY, other wellness benefits for survivor healing and wellness

## IMPACT

Survivors prioritize well-being, demonstrate empowerment over their own lives, and feel a sense of belonging to an inclusive community that embraces diverse healing resources.



## Together, we set a bold vision- to work towards a world where every survivor has access to the healing practices of trauma-informed yoga.

*In the next three years, Exhale to Inhale will emphasize growth that maximizes its capacity to heal and empower the greatest number of survivors through meaningful, sustained access to trauma-informed yoga and its healing benefits by investing in balanced, strategic, targeted growth in each of its 3 core approaches:*

1.

Partnerships with Nonprofits Serving Survivors of Domestic Violence and Sexual Assault

2.

Training and Education to Support Inclusive Trauma-Informed Communities

3.

Community Classes and Engagement with Survivors Everywhere

# Serving a greater number of Clients and Partners

Through our community based partners, Exhale to Inhale is able to bring trauma-informed yoga to spaces it might not otherwise exist, while meeting survivors of sexual and domestic violence where they are already seeking support and building trust.

With our team's leadership, we are able to forge connections with non-profit, shelter and community based agency staff to best understand how Exhale to Inhale's trauma-informed classes can best support their client's needs. We do this through high-impact connections throughout the year, often introducing the concept of wellness and self-care for the first time for many organizations. We actively seek out partners that can uplift our work and reflect our goals on inclusivity.



## Partner Quote

“

Exhale to Inhale is a unique service to provide to survivors of violence. They have offered us continuous support and have been a valuable partnership to us. Our organization is based in Michigan, and Exhale to Inhale has made sure to be inclusive in their services and communication has been clear and kind.

- Hope Shores

”

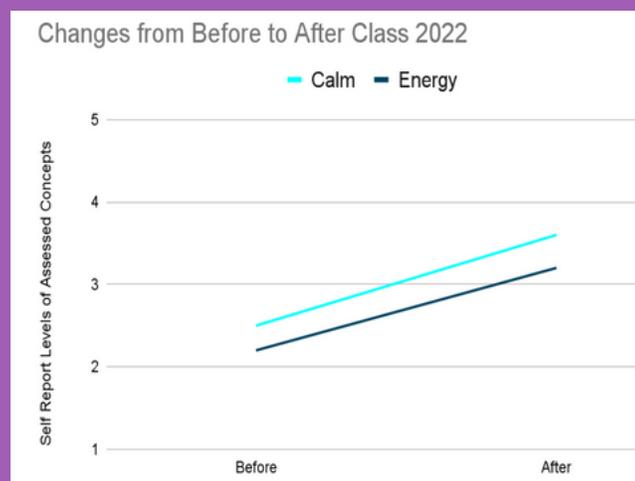
# Serving a greater number of Clients and Partners

Given that trauma-informed yoga is a relatively new form of support for survivors of sexual and domestic violence, Exhale to Inhale is committed to gathering outcome data. In collaboration with Sarah Beranbaum from The New School for Social Research, Exhale to Inhale continually collects and reviews data to ensure the effectiveness of our work.

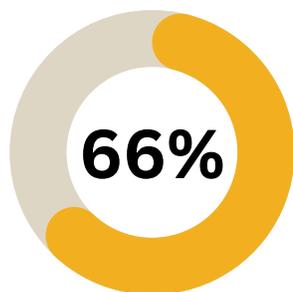
## Partnership Impact



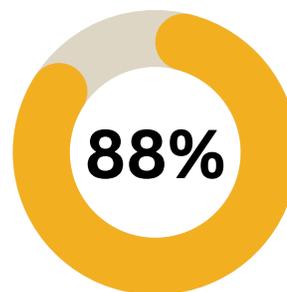
The graph above represents the changes in rated moderate to extreme stress, stuckness, overwhelm, and achiness from before to after a trauma-informed yoga class:



The graph above reflects the increase of calmness and energy in participants after an ETI class.



**of non-profit partner organizations staff members reported being overwhelmed sometimes to very often.**



**reported feeling worn out.**

Given the important role that staff play at our partner facilities and their commitment to our mission, Exhale to Inhale also shares our practices with staff. Ensuring that our partners have resources to support the overall wellness needs of the organization is key, as we know that compassion fatigue and burnout disproportionately impact care providers.

# Serving a greater number of Clients and Partners

**Welcome New Partners!**

We would like to highlight our new partners from 2022 - HAUPINC, Grace Institute, Women for Afghan Women, Riseboro Community Partnerships, Anti Violence Project and Family Services of NY.

## Partner Quote

ETI is a beautiful program offering self-care to our clients. I am very grateful that we can continue to partner with ETI and share mindfulness culture with the communities we serve.

- Family Community & Beyond Program at Wyckoff Hospital

**Exhale to Inhale's 2022 Partners**

# Public Classes- Access for All

Weekly public classes are available for anyone interested in learning about trauma-informed yoga. By offering classes live online, in-person and on-demand, we have increased choice making for our community. Participants can practice self-care and find connections within the Exhale to Inhale community.

Not everyone identifies with the term survivor, and at Exhale to Inhale, we know that help seeking can be a challenge for those impacted by trauma.



“ I realized during this class, more than ever before, how afraid I am to be in my body — and how much easier it was to start to be within my body during the compassionate invitational yoga poses that today's instructor led us through — in a class with other trauma survivors ”

“ This was a wonderful class! The mix of poses offered felt just right, instructions for pose options were very clear and — for the first time, I could feel the concrete, steel, and rebar inside start to loosen their grip on being able to feel my body and emotions. ”

“ “ I realized the importance of self-care and how it reduces the pressure of stress and allows your mind and body to be free and become centered. My inner thoughts have settled into a relaxing space and I am feeling good! ” ”

”

# Public Classes- Program Impact

## PUBLIC CLASS SPECIFIC



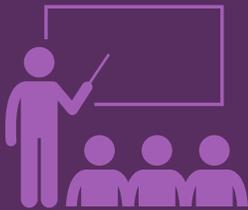
**1,489**

Individuals Served



**36**

Classes



**2,157**

Registrations

“ This was a fantastic class. I have been struggling with anxiety and it helped me see a way to come back to balance. ”



# Empowered Communities- Exhale to Inhale Trauma Informed Yoga Training

*"I felt so safe and so welcomed to be wherever I was at. The love, honesty, and sheer volume of information will not only help me going forward as a teacher, it has helped me in my own healing practice. This was a raw, beautiful, powerful and challenging experience. I'm grateful for every bit of knowledge and every tear I cried. Thank you so much."*

*-Training Graduate*

In addition to providing direct services to survivors of sexual and domestic violence, Exhale to Inhale also helps partner organizations to develop the skills and knowledge to support them. We do this by offering a Trauma-Informed Yoga Certification program, workshops, and custom training programs based on the needs of our community.

Through collaborations with yoga studios like Tangerine Yoga, Arise and Harlem Yoga Studio and local government agencies such as the

New York City Mayor's Office to End Gender Based Violence Family Justice Center Core Training Series, we serve allies from various backgrounds who are committed to incorporating the trauma-informed yoga methods into their work.

In 2022, we reached a significant milestone-sharing our training with over 1,000 individuals- since we started the program to support our volunteer teachers.

## **In 2022, Exhale to Inhale was able to:**

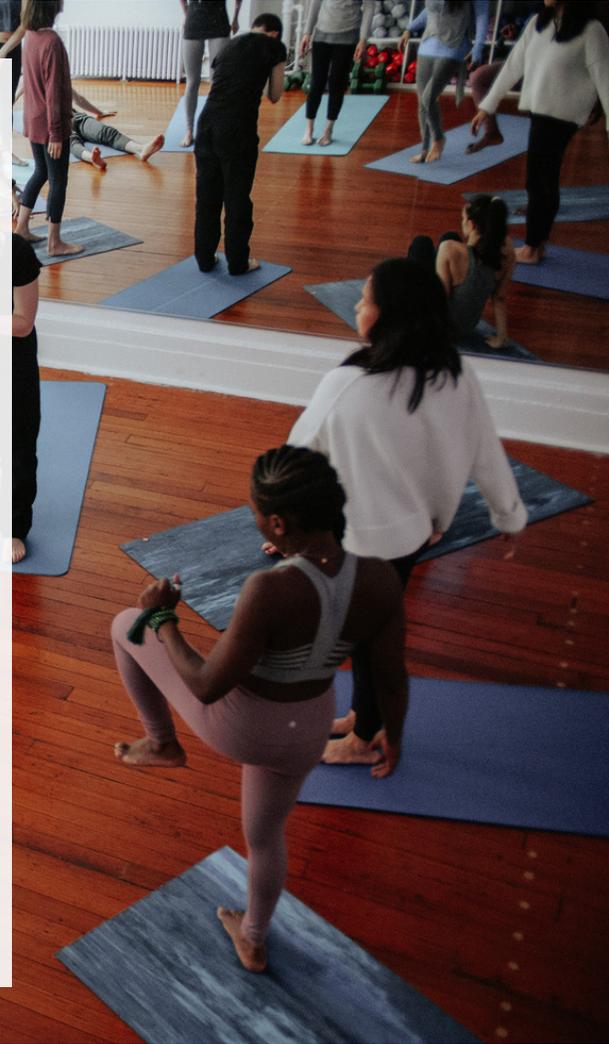
- Award 27 full scholarships and 20 partial scholarships
- Offer 60 scholarships for our 4-hour workshop series
- Offer 9 robust content sessions via the Continuing Education Program and serve 90 participants

# Nurturing Communities through Training Scholarships

Exhale to Inhale's Scholarship Program is centered around the goals of equity, access, and representation. Scholarships are awarded to recipients who self-identify, who can demonstrate that they can serve as survivor leaders and represent historically marginalized communities.

Exhale to Inhale conducts a robust community outreach effort to build awareness about our trauma-informed yoga training and scholarships, offering application clinics and training information sessions. Clinics and information sessions provide potential applicants the opportunity to connect with ETI staff and trainers, ask questions about the process, and receive hands-on support in applying.

Scholarship Recipients receive full financial support to take the certification training, a mentorship session, access to a continuing education library as well as the live sessions.



Quote from Scholarship recipient

“

This was an amazing training certification. I met new friends. I was also able to let the other attendees know my thoughts about being black within the yoga world. And bring understanding that being black amongst white counterparts brings trauma. And gaining so much knowledge to use moving forward when I teach.



# Exhale to Inhale Congratulates its 2022 Scholarship Cohort

## 2022 SCHOLARSHIP RECIPIENTS



### LEXIE THRASH

Maker, Yoga Instructor, M.S. Dance/Movement Psychotherapy Graduate Student at Pratt Institute ('23)  
@move\_\_your\_\_mind\_\_

### KEKE CHAMBERS

Multi disciplinary artist and community developer, owner of SHADANE - Toronto holistic wellness brand  
@shadaneyoga



### JULIE LOVE YARBOR

Yoga Instructor, Independent Contractor & Self-Employed at Julie Love Studio  
@julielovestudio

### JACQUELINE CRYSTAL CONTRERAS

Self-Employed, Single Mother & Student  
@phatgurlyogie



### TING PIMENTEL-ELGER

Admin Staff, CFRE, Interpreter, Artist, Yoga Teacher  
@AnyTing\_Yoga

### RASHIDA MONIQUE

Method Massage & Yoga, Owner & Operator  
@ms\_shida03



### KIYONA MIAH

Yoga Teacher, Yoga Joint, Cope Center North  
@kiy2shanti

### FARAH REYNOSO

Parent Coordination, International Community High School  
@Farahpaloma



### PRITI DSILVA

Life Coach: intuitive eating, body trust

### HOLLY RUSSO

Doctoral Candidate, Clinical Psychology



### FOZIA NASEEM

Yoga and Cycling Instructor, Hop On (Yorkshire) Ltd

### LYNNETTE NEGRON

Chair Yoga & Dance Teacher



"Each member of our Scholarship Cohort is integral to our mission of providing healing resources to survivors. Not only will each individual bring the knowledge and skills gained through the program back to their communities, where they are already incredible leaders in service, but they also enhance our training & teaching communities with their unique perspectives and lived experiences."

**Amy Apgar**

*Teacher Trainer and Project Coordinator*

*\*Some of our scholarship recipients requested not to be featured. We congratulate them for their participation in the program!\**

# 2022 Gala- Inspired Gatherings, Back in Person Again

Our 2022 Celebration of Healing Gala was an unforgettable evening back at the Rubin Museum of Art, filled with supporters both past and present. We are grateful for the incredible work of our 2022 Exhale to Inhale Gala Committee, Host Committee, Board of Directors, Young Professional Board Members and Staff who made the evening possible.

As our most important fundraising event of the year, we raised critical funds and awareness about the impact of our mission. We are humbled to be able to support our partners, individuals and communities impacted by sexual and domestic violence.



# 2022 Gala- Inspired Gatherings, Back in Person Again

## 2022 Voice of Courage: Ana Pincus



Exhale to Inhale presented Ana Pincus with the 2022 VOICE OF COURAGE Award." As a passionate advocate for women,

Ana's work gives a voice to marginalized women through documentary film. In her 20's, she volunteered with Mother Teresa, leading her to produce and direct her first documentary.

She has gone on to produce several other documentaries since then -- including short films for Exhale to Inhale-- and today serves as a partner and executive producer at Doc Land films, which is committed to creating social impact content. Ana is the founder of the Akhilanda Women's Foundation, with the mission to support projects, groups, or organizations that help women heal from trauma and reclaim their lives.

## Hope in Action: Dianne Bondy

For her incredible work on creating change by increasing diversity and equity in the healing practice of yoga, Exhale to Inhale awarded Dianne Bondy the 2022 HOPE IN ACTION Award.

Dianne is a social justice activist, bestselling author, accessible yoga teacher, and leader of the "Yoga For All" movement. Exhale to Inhale believes in healing and support for all survivors, and Dianne's inclusive approach to yoga empowers anyone and everyone to practice, and to feel welcome in yoga spaces. Her commitment to increasing diversity in yoga has been recognized in her work with Pennington's, Gaiam, and the Yoga & Body Image Coalition, as well as in speaking engagements at Princeton, Duke, and UC Berkeley on Yoga, Race, and Diversity.



## Community Empowerment: Flamingo

flamingo

Flamingo, a woman's body care brand that was launched in 2018 by the creators of Harry's was awarded the 2022 Community Empowerment Award.

With the belief that a positive relationship to body care starts with quality products, Flamingo sets aside 1% of sales to support nonprofit organizations working to ensure women build healthy, positive relationships with themselves. Through Flamingo's grantmaking efforts and overall partnership with Exhale to Inhale, they have made a transformational impact- uplifting the Scholarship + Continuing Education Program and overall, building the capacity of our organization and our ability to carry out our mission.

# Community Highlights

## Timeline

### January 2022

Community Conversations... Storytelling & Self Care  
Exhale to Inhale kicked off our continuing education series in 2022 with our Women of Color series, highlighting three women of color who are activists in our community. All three activists: Zabie Yamasak, Sweta Vikram, and Natalie Patillo, are honing their respective crafts and creative passions while challenging us to think about well-being and social justice using a trauma-informed lens.



### April 2022

During Sexual Assault Awareness Month, Exhale to Inhale uplifts the need for healing resources for individuals impacted by sexual violence by offering a weekly tip and partnering with non-profits, RAINN, Girls For Gender Equity, Day One, Mayor's Office Crime Victims Services, and SUNY Polytech. Community Ambassadors from YO BK, Tangerine Yoga, Yoga Spark and Ishta Yoga held donation based classes.



### March 2022

Exhale to Inhale celebrates International Women's Day and joins other yoga organizations to #BreaktheBias with Board Member, Erica Barth, Julie Fernandez and Allen P



### May 2022

Young Professionals Board adds 9 new members after their 2022 recruitment cycle. Exhale to Inhale is excited to highlight our 11 dedicated Young Professionals, coming from diverse backgrounds with talent, skill and the passion to help build our mission and expand our network.



# Community Highlights

## Timeline

### July 2022

Exhale to Inhale partners with Visit.org and Bumble to offer a special community building event led by Exhale to Inhale supporter and visual artist, Julie Flynn Badal.



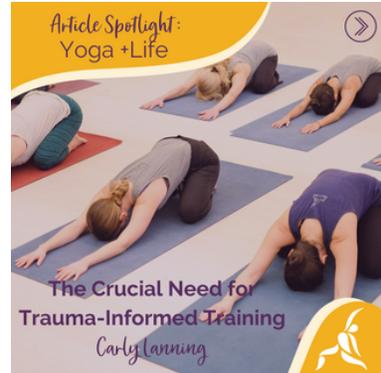
### September 2022

Exhale to Inhale Wellness Instructor, Elyn Gerry, joins HerMD to talk about Exploring Connection with Trauma Informed Yoga.



### August 2022

YOGA + Life publishes "A Crucial Need for Trauma-Informed Yoga" by Exhale to Inhale Special Contributor, Carly Lanning.



### October 2022

In recognition of Domestic Violence Awareness Month, Exhale to Inhale joins Rockefeller Foundation Day of Service, TP ICAP Wellness Week, and the RBC R Women to share our work and trauma-informed yoga for their teams.

On an annual basis, Exhale to Inhale is proud to partner with corporate sponsors to bring wellness and our mission to their communities. In 2022, we partnered with the below organizations to offer our trauma informed yoga practice and community service projects in support of survivors of sexual and domestic violence.



# Team

## Staff:

Maggie LaRocca	Executive Director
Aditi, Davray	Chief Program Officer
Sophia Holly	Director of Community Partnerships
Julie Fernandez	Lead Trainer and Curriculum Mentor
Jenna Conner	Trainer and Wellness Instructor
Matthew Espino	Trainer and Wellness Instructor
Amy Apgar	Trainer and Wellness Instructor
Allison Field	Wellness Instructor
Dana Asby	Wellness Instructor
Lisa Brody	Wellness Instructor
Ellyn Gerry	Wellness Instructor
Lynnette Negron	Wellness Instructor
Cordelia Orbach	Wellness Instructor
Jeesoo Park	Wellness Instructor
Ailen Pedraza	Wellness Instructor
Maria Phegan	Wellness Instructor
Paula Reyes	Wellness Instructor
Elvimar Rivas	Wellness Instructor
Shayna Skarf	Wellness Instructor

## Young Professionals Board:

Megan Siniscalchi, Chair  
 Nicole Andrick, Vice Chair  
 Alicia Mazurek, Treasurer  
 Shayla Hayward-Lundy, Secretary  
 Hillary Preece, Gala Committee Chair  
 Alyssa Andrews, Events Committee Chair  
 Andrew Taub  
 Adrianna Keener  
 Ayushi Gummadi  
 Grace Otoya  
 Jorgi Paul

## Board Members:

Ashley Antler, Board President  
 Wael Younan, Vice-President and Treasurer  
 Erica Barth, Secretary  
 Bomsinae Kim  
 Tina Miletich  
 Vanessa Chu  
 Sushant Jadhav  
 Elena Otero Keil  
 Zoë LePage  
 Ana Pincus  
 Rebecca Burgoyne-Allen  
 Dhiren Rawal

## Empowerment Circle Members:

Zoë LePage	Ashley Antler
Amy Tobin	Megan
Sam Rounds	Siniscalchi
Mimi Chiahemen	Wael Younan
Nicole Andrick	Ellyn Gerry
Paula Carino	Dhiren Rawal
Esterina Degrazia-Anderson	Victoria Ramos
Erica Barth	Simrin Rawal
Tina Miletich	Jacqueline Dillon
Peter Contreri	Maggie LaRocca
Vanessa Chu	Karen Pascoe
Bomsinae Kim	Nechama Karp
Vanessa Esparza	Amy Sosne
Elena Keil	Diana Bond
	Crystal Connelly

# Staff Quotes



“Working at Exhale to Inhale has offered me an opportunity to engage with the ancient practice of yoga through a human centered lens. I can see from our class participants' feedback that Trauma Informed Yoga can catalyze empowerment of Self. Here, there are no rewards for holding the crow shape for the longest time nor are we practicing headstands in classes. Just showing up to class in community and movement is the reward itself. Through our classes, I am able to notice how the practice feels in my body and just be in the present moment. I am inspired to work with a talented group of folks where serving our community members and offering everyone a feeling of belonging is a core purpose.”

- Aditi



“I love getting to know all of our new, old, and future partner agencies. It is inspiring to see so many people doing important work to serve survivors and to work with them to bring trauma-informed yoga to the folks that they serve. Exhale to Inhale's community extends far and wide from NYC 5 boroughs and beyond!”

- Sophia



“As Training Coordinator, I find it exciting to be able to grow and develop our training programs in new and innovative ways. I have enjoyed putting together a vision and seeing it evolve in real time. I love what our trainers and teachers are able to do and it's empowering to build an environment where they can thrive.”

- Matty



Exhale  
to Inhale

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