



Exhale  
to Inhale



## 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.

## VISION

Exhale to Inhale is working towards a world in which every survivor has access to the healing practices of trauma informed yoga.

## OUR IMPACT

**45,000+**

Class Sign-Ups  
Since 2020

**7,000+**

Yoga Classes  
Delivered  
Since 2018

**50+**

Shelter + Nonprofit  
Partners Annually

**1,200+**

Individuals Trained in  
Trauma Informed  
Yoga Since 2016

**91**

Training Scholarships Awarded  
to support equity, access and  
representation

## OUR PROGRAMS

**Partner Classes:** Partnerships with 50 different nonprofits, shelters and rape crisis centers to bring trauma informed yoga and wellness to clients and staff.

**Public Classes:** Live, online weekly 30-minute classes allow community members to check-in with stress levels, connect with their bodies, and make movement-based choices.

**Trauma-informed Yoga Training:** Exhale to Inhale curriculum trains yoga teachers, healthcare workers, and wellness professionals to create trauma-informed spaces while providing a scholarship program and continuing education opportunities. **(16 hour Certification or Custom Programs)**

## OUR METHODOLOGY

**91%**

Decrease In  
Anxiety

**96%**

Decrease In  
Stress

**86%**

Decrease In  
Bodily Pain

According to the New School of Psychology, trauma-informed yoga is an effective tool for supporting survivors. Trauma-informed yoga decreases stress, anxiety and bodily pain while increasing feelings of agency.

## SCOPE OF ISSUE

Every 68 seconds another American is sexually assaulted (RAINN, 2022). 1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime.

1 out of every 3 American women have been subjected to physical and/or sexual violence by an intimate partner or non-partner (NCADV, 2022)

Sexual assault can have long term effects on victims. **94%** of women who are raped experience symptoms of post-traumatic stress disorder (PTSD) during the two weeks following the rape; **30%** continue to report symptoms of PTSD 9 months after the rape (RAINN, 2022)

## JOIN OUR COMMUNITY AT EXHALE TO INHALE!

- Volunteer For An Event
- Receive our Newsletter
- Make a Gift
- Join the Empowerment Circle
- Attend a Public Class
- Take a Trauma-Informed Training

## LEARN MORE?

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