



Exhale to Inhale

2020
Annual Report

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COMMUNITY & COURAGE



A Note From Our New Executive Director

As we look back on 2020, we can't help but reflect on the strength of our community. While we haven't been able to gather together physically, we've remained together in hope of brighter days ahead.

This year, Exhale to Inhale embraced courage in so many different ways. When the pandemic started, we quickly adapted to meet the needs of our partners and provide support for survivors at heightened risk during the stay at home orders. We found the courage to imagine our services differently and to be able to show up in new ways. As a result, we ended up offering our most accessible programming to date.

Our dedicated team of staff and trauma-informed yoga teachers were able to transform 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 our public classes.

At the same time, our founder, Zoë LePage, transitioned from her role as Executive Director to Board Member. When I joined the team in late summer, I was instantly inspired by the determination that I observed among the staff to support as many survivors as possible.

How did we continue to be so courageous in such dire times?

COMMUNITY.

If you take a moment to look at the cover of our Annual Report, you will see a collage of individuals who courageously lifted Exhale to Inhale up in 2020. Each image reminds me of the potential ripple effect of an individual's action - one person who believes a survivor of sexual assault, one person who advocates for innovative healing resources like trauma-informed yoga, one person who is empowered after an act of violence- can lead to an impact that can change the world for survivors at the beginning of their healing journey.

This year, our COMMUNITY guided us with courage, and we simply cannot say thank you enough.

In Gratitude,

A handwritten signature in black ink that reads "Maggie LaRocca". The signature is written in a cursive, flowing style.

Maggie LaRocca
Executive Director
Exhale to Inhale

2020, A YEAR OF COURAGE AND EXPANSION



COVID-19 brought on challenges for everyone as isolation, grief, and uncertainty impacted our lives.

But throughout 2020, survivors of domestic violence and sexual assault faced unique challenges that led to a record breaking demand for our services. Determined to meet this demand and provide unwavering support to survivors, our team worked to shift all of our services online, almost overnight. While this transition was daunting at first, we found that one major benefit of online programming was increased access.

We were able to expand our services in a virtual format and reach communities who would have never connected with us otherwise. The unwavering commitment of the Exhale to Inhale teaching community made this change possible.

Increased accessibility quickly became a theme for our programming in 2020 as we also expanded our scholarship program and renewed our commitment to equity and inclusion in our teaching community. Furthermore, we were able to provide trauma-informed yoga trainings to wellness professionals across the country at a time when these skills could benefit their clients the most.

At a time of deep grieving, isolation, and uncertainty, our team was honored to have the opportunity to hold a space to breathe with our clients, our partners, our teacher trainees, and our community at large.

A Record Setting Year



2,048
Total # of Classes



177
Trauma-Informed Training
Participants



40
Shelters & Community
Agency Partners



14
Scholarships Awarded

COURAGEOUS PARTNERS IN HEALING



Reaching More Partners Than Ever Before

In April 2020, Exhale to Inhale transitioned from in-person classes to online programming. 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 to receive 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.



Supporting Clients and Staff

As the pandemic continued, staff at our partner agencies reached out for our support as well. While navigating vicarious traumatization 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.

In 2020, We moved all of our classes online and were able to partner with a record number of agencies:

Partner Voices: Help-USA Healing

Our partners at HELP-USA found that the online format brought a sense of safety and community to their clients. HELP-USA provides shelter and other critical services to survivors of domestic violence who are experiencing homelessness. Living in a shelter during COVID-19 presented unique difficulties, but HELP-USA clients were able to find a few moments of respite and connection as they gathered in their library to practice with us.



"Although 2020 was a terribly tragic year, I think **the accessibility piece around our practice is something that we can learn from and continue to grow with in the future.**"

Sophia Holly,
Program Manager
& Trainer



"Yoga is an inflection point in the week. **It is a cleansing space** because it allows us to move forward with the rest of the week and leave behind everything that is going on."

Katie Harmon, ATR-BC, LCAT
Art Therapist



"With switching to virtual, there is a sense of safety in not having someone in person (teaching the yoga classes). **Students can be more free with their bodies. They're like-there's no one watching and no one is seeing me.** It's made it a lot safer for them to participate."

Martha Ramirez
Recreation Coordinator

TRAINING TRAUMA-INFORMED YOGA LEADERS IN A PANDEMIC

Trauma-Informed Yoga Trainings

Our mission has always included bringing trauma-informed yoga to new communities. Our training program plays a key role in empowering wellness professionals with the tools of trauma-informed yoga as they lead their communities through this healing practice.



Julie Fernandez, Lead Trainer & Curriculum Mentor

Holding Space Online During a Pandemic

"Having to switch everything to the online platform took a lot of courage. I didn't know if it would work. **I didn't know if I would be able to show up or have the same kind of presence and be able to hold that same space for people through this online platform.** I think that while it has been hard to be in front of the computer for that long and to not know if you can create that kind of connection via this platform with distance, **we have been able to reach more people and bring our training to more communities that we might not otherwise have been able to reach.**"

Thank you to our 2020 Studio Partners- Circle Yoga MD, The Class LA, Harlem Yoga Studio, LL Studios, Skyting and Y7

Our Impact in Numbers



11

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



177

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



14

Scholarships Awarded to Increase Equity, Diversity and Representation



85% of Participants Rated the Overall Training as Excellent or Very Good



87% of Participants Expanded Understanding of Trauma Informed Yoga

Exhale to Inhale Scholarships

Our Commitment to Equity, Representation, And Inclusion

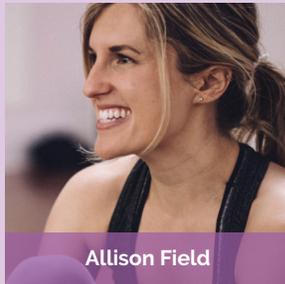
In Fall 2019, we re-structured our scholarship program to focus on three goals: representation, equity and access. Together with our funding partner, Flamingo, Exhale to Inhale is able to ensure that individuals have access to our trauma-informed training program based on their credentials and passion, regardless of financial resources. Equally important, the scholarship program supports our commitment to develop a diverse group of yoga instructors that is more representative of the client base that we strive to support.



Ailen Pedraza



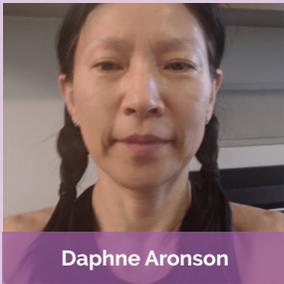
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Tasha Edwards



"The Scholarship Program continues to eliminate barriers to access, ensures representation of a variety of perspectives and upholds our commitment to equity. This 2020 scholarship cohort represents the values of Exhale to Inhale through their courage, resilience and steadfast dedication in all aspects of their work."

Aditi Davray, Chief Program Officer

Scholarships are Proudly Supported Through Our Funding Partner:



EMPOWERING THE NEXT GENERATION OF TRAINERS

Fellowship Program

In 2020, Exhale to Inhale launched our first ever fellowship program. This 12-month intensive program was developed around the following goals:

- Create a sustainable and emergent source of subject-area knowledge in trauma-informed yoga
- Ensure that ETI's trauma-informed yoga training has a diversity of thought and knowledge base
- Establish a committee of thought partners who can develop and deliver curriculum for trainings and partnership programs
- Document the process and learnings for future Fellowship Programs

As a result of the fellows' collaborative efforts, Exhale to Inhale continues to further our goal of providing education and tools to communities in support of survivors of domestic violence and sexual assault.

Trauma-Informed Yoga 2020 Fellows



Amy Apgar



Matty Espino



Jenna Conner



Sophia Holly



Julie Fernandez

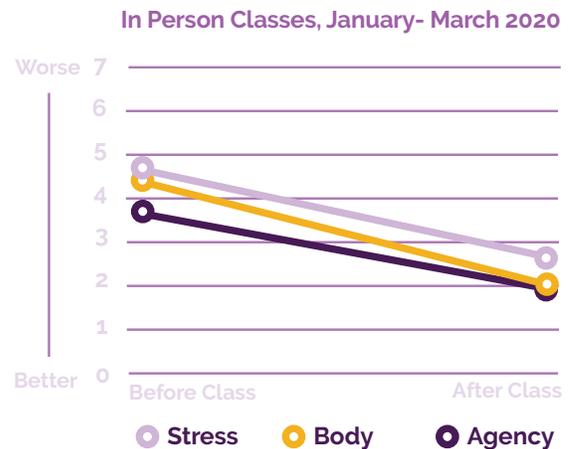
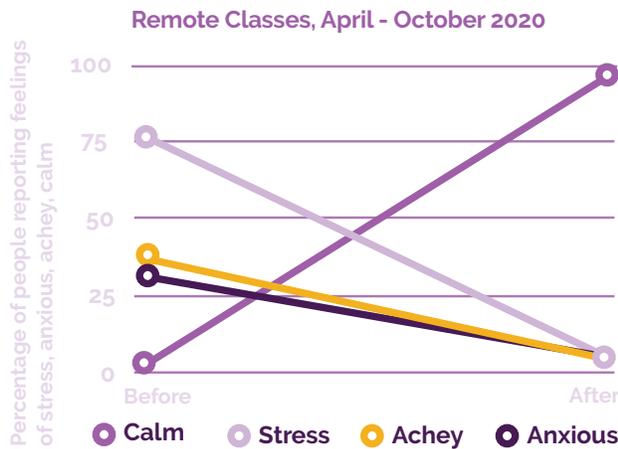
Our Gratitude to the Fellowship Program Consultants:

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Sweta Vikram, Author and Ayurveda Coach
Zabie Yamasaki, M.Ed., RYT

Evidence-Based Methodology Continues Online

In partnership with the New School for Social Research's Trauma and Affective Psychophysiology Lab, we have been measuring the impact of our methodology since 2018. To date, over 400 participants have completed our surveys and participated in our research.

Measuring our impact continues to be a priority with online class delivery. As we adapted our post-class surveys to support our switch to online classes, we found that online classes held a consistent impact when compared to our in-person classes. Participants continued to report decreases in body sensations such as "feeling achey" and decreases in feelings of "anxiety" or "stress" after online classes with Exhale to Inhale.



Our Impact: Trauma-Informed Yoga Classes for Survivors



of all participants were very satisfied or satisfied with the online yoga classes, while most reported taking classes for self-care, stress reduction, mood management and a break from work or school. Many were able to incorporate stretching (63%) and breath awareness (57%) into their daily life.

A CELEBRATION OF COURAGE

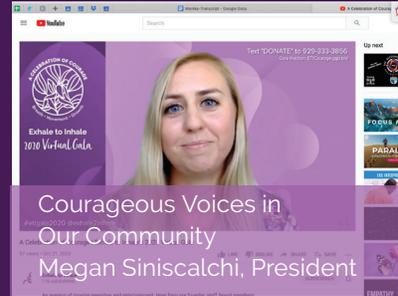


2020 Virtual Gala

2020 proved that we all need a space to breathe, a space for courage, and a space for healing. We re-imagined our annual gala into a virtual community gathering during National Domestic Violence Awareness Month.

It started with a Week of Courage highlighting various community members and their skills, including a heart-centered trauma-informed yoga practice, a meditation focused on finding the courage to rest, a mental health panel discussion focused on the definition of courage, a DJ dance party set to the beat of courage, and a sound bath set to the frequency of courage.

Our month culminated in our first ever virtual gala with nearly 500 attendees for a historic evening and week of events!



COURAGEOUS SPONSORS

flamingo

here
to be. | 


GOODWIN

Given the prevalence of sexual assault and domestic violence, it is both important and courageous for our corporate sponsors to take a stance in support of survivors.

We are grateful for the above organizations that have provided both critical funding to our organization as well as aligned themselves with our mission of providing long-term healing resources for survivors of sexual assault and domestic violence.

Thank you to our corporate sponsors who make our work possible!

A COMMUNITY OF COURAGE

Although 2020 was a difficult year for us all, our donors helped us to provide unwavering support to survivors in a year where our services were so crucial for clients and staff.

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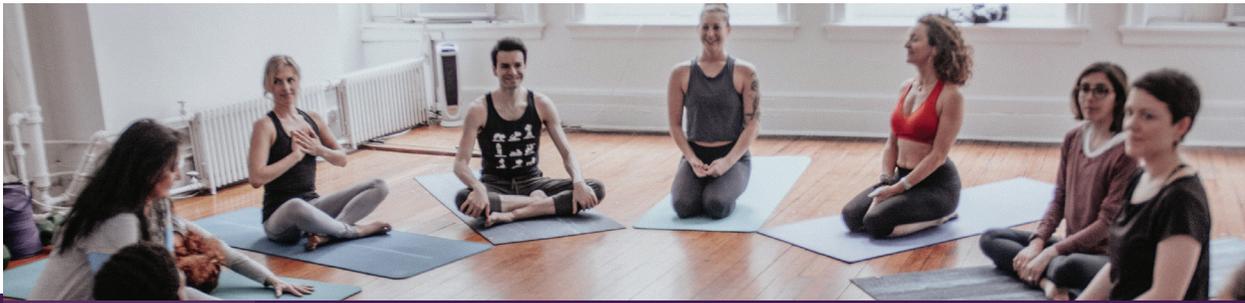
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The Exhale to Inhale Teaching Community is at the center of our mission. Our programs are strengthened by their talent, passion, and commitment to supporting those impacted by sexual assault and domestic violence. We are so grateful to the following teachers who supported us in 2020:

- | | | | |
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Kassandra Orozco
Website Development

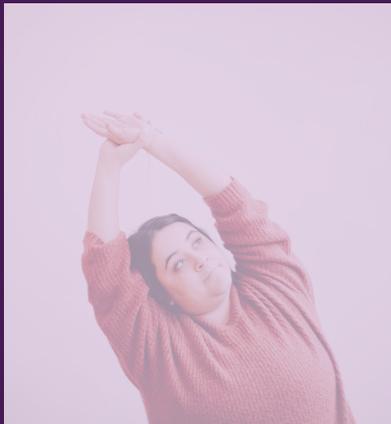
Megan Dignan
Graphic Design, HEEDGROUP

Sarah Beranbaum,
Program Evaluation Consultant

Nancy Heller,
Development Consultant

Lisa Danylchuk, LMFT, E-RYT,
Training Program Consultant

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Accounting Management




Exhale to Inhale

2020
Annual Report