



# the practice coalition

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Annual Report 2021



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# Message from our Board

The Practice Coalition's mission is to serve communities that have experienced domestic and/or sexual violence with the practices of yoga. Asana, as a somatic practice, can be an incredible tool of moving through sensation and slowly regaining a sense of agency.

We are providing yoga classes that are trauma informed, online and in person. We are also collaborating with like-minded organizations.

We are giving survivors of domestic and sexual violence tools to move their bodies in mindful ways that reintroduce choice into their lives and help foster overall well being.

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# Message from our President

In 2017 the idea slowly came to me to start a nonprofit organization to support the arena of trauma informed yoga. I wanted to ensure that classes would be free or low cost and that teachers would be compensated. It was just an idea; a thought that slowly picked up steam and support. In 2020, we were officially incorporated right in the middle of a pandemic. I assembled our team and we moved forward in spite of a mountain of challenges.

We were a non profit yoga organization and this meant everything was remote.

At a late summer meeting we decided to go in a different direction with our mission. We honed our objective to focus more on survivors of sexual and domestic violence, rather than try to keep a more broad approach. As was expected it became a bit easier to get everything in order to start launching classes, which we did in 2022.

2021 was a year of fundraising and getting ourselves financially ready to operate as well as honing our mission and values. 2021 set us up to get off the ground in 2022 with our programming. We are honored to serve our community with the gift of yoga for trauma with classes online and in person and by collaborating with other organizations.

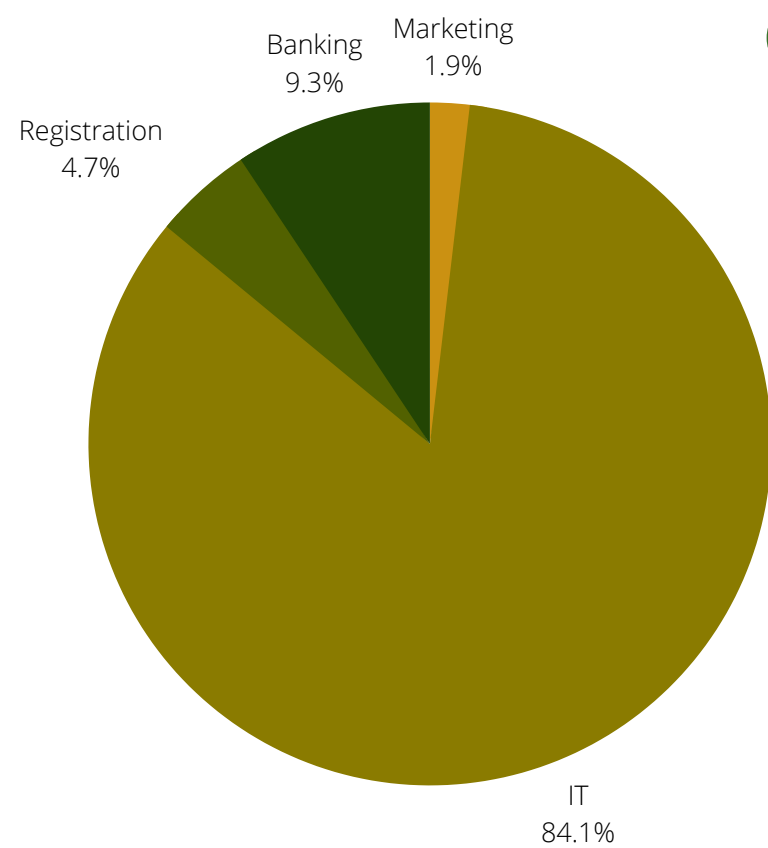
# Impact of starting in a pandemic

While we were officially incorporated in August of 2020, the vision of what we could become was laid in pre-covid expectations. We imagined we would be able to engage and collaborate with organizations more easily and freely; to meet in person and have our classes in person. We did not envision online yoga classes until it became our only option.

Yet the pandemic proved to show us how the internet and the Zoom room could allow us some semblance of community and gathering in the midst of so much isolation.

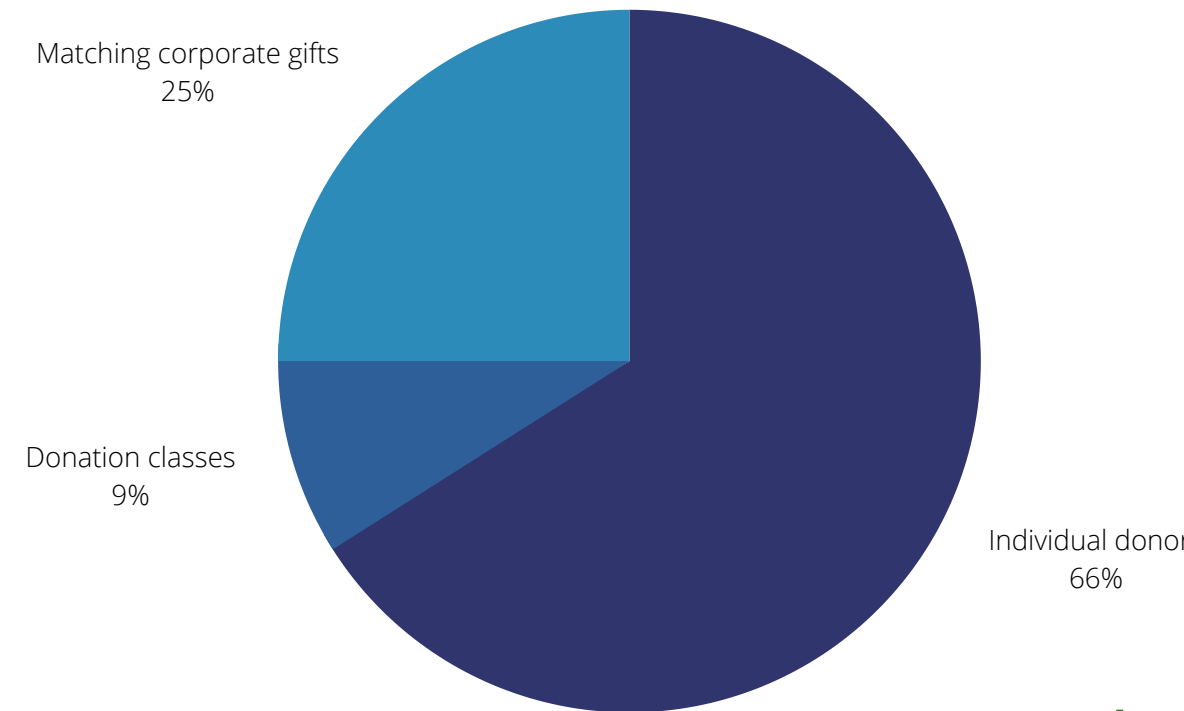
Even now, with a mix of online and in person yoga classes, we are finding ways to offer both, in the hopes that we are meeting people's needs.

# Financial Statement



Our total expenditure in 2021 was \$1,185.55.

Marketing 2%  
IT 90%  
Registration 5%  
Banking 3%



In 2020, The Practice Coalition's total revenue was \$16,682.25.

Individual donors 66%  
Donation classes 9%  
Matching corporate gifts 25%

# Moving forward



2022 is already moving forward, with online classes, in person classes and a panel exploring issues around racial and social justice.

We are excited to further develop our programming and to partner with other organizations.

We look forward to finding new ways to support survivors of domestic and sexual assault.

# Our Mission



The Practice Coalition is here to bring trauma informed yoga to survivors of domestic and sexual violence. We are here to serve these communities with the practices of yoga, as a means to support, uplift and inspire. We want survivors to have access to these practices without cost or question.


The practices of yoga have the ability to inspire and uplift the practitioner. People leave their mats empowered, grounded and more at peace. This makes it easier to deal with the daily stresses of our lives. Oftentimes, people who lack access to resources have another level of daily stressors and usually no time, money or access to these types of classes.

What makes The Practice Coalition unique is that we want all the yoga instructors doing this work to be compensated - as it is typically offered on a volunteer basis. We support our trauma informed yoga teachers by valuing their contributions and offering compensation.

Uplifting everyone involved is our mission.



# Become a Sustaining Member



We are here to help people establish a trauma informed yoga class for their organization or community. We can help secure spaces and provide yoga props that may be needed. We are also here to insure our teachers are paid for their labor. By removing barriers of access, more people may be able to heal with the practices of yoga where they previously may not have been able to do so. Support us with a [recurring monthly donation here](#).



the practice  
coalition

