



the practice coalition

Annual Report 2022



Content



- 01 Message from our Board
 - 02 Message from our President
 - 03 Impact of starting in a pandemic
 - 04 Financial Statement
 - 05 Moving forward
 - 06 Our Mission
 - 07 Become a Sustaining Member
-

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, a somatic practice, can be an incredible tool of moving through sensation and slowly regaining a sense of agency. It is often our first step in working with survivors; other practices of yoga, such as philosophy and pranayama can also provide lifelong tools for folks to take care of themselves.

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 independence and well being.

Message from our President

In 2017 the idea slowly came to me to start a nonprofit organization to support the arena of yoga for trauma. 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.

2021 was a year of fundraising and getting ourselves financially ready to operate as well as honing our mission and values. And in 2022, we launched a series of online classes, as well as a weekly in-person class. In addition, we entered partnerships with several like-minded organizations to offer classes to their audience. We held our first panel - the topic was on racialized trauma. It was engaging and definitely spoke to our mission and the communities we want to serve. 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 and studios. Our next steps are to strengthen the inner workings of our organization. We have an amazing team with wonderful ideas and enthusiasm. Looking forward to continuing to serve those in need.

Impact of starting in a pandemic

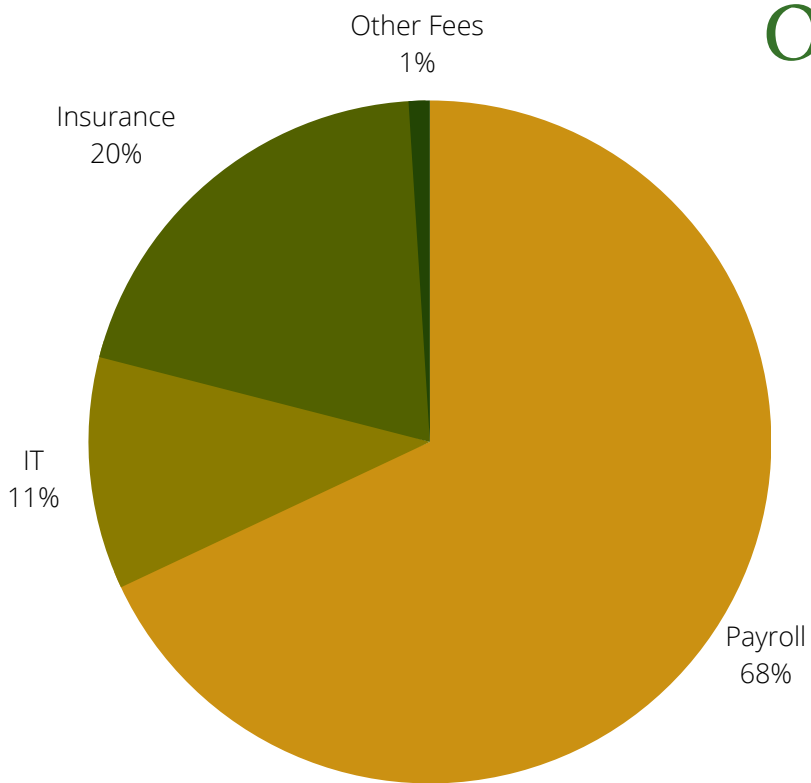
While we were officially incorporated in August of 2020, the vision of what we could become was laid in pre-covid expectations. We imagined we would be able to engage and collaborate with organizations more easily and freely; to meet in person and have our classes in person. We did not envision online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

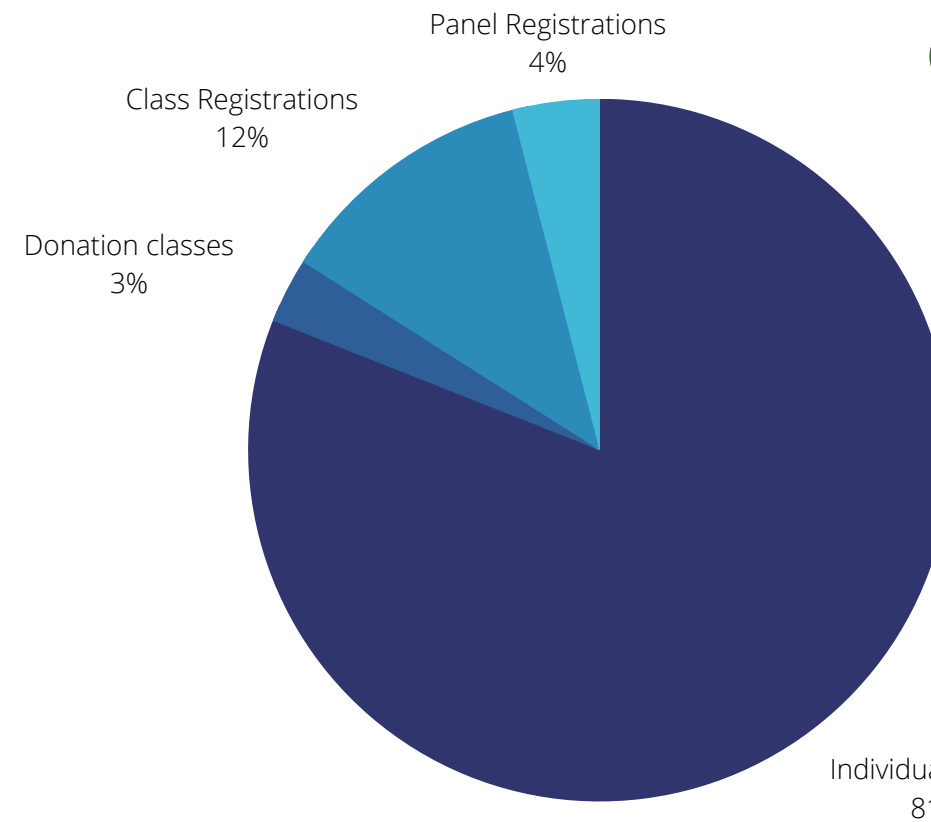
Financial Statement

Our total expenditure in 2022 was \$9,267.99



Payroll 68%
IT 11%
Insurance 20%
Other Fees 1%

In 2022, The Practice Coalition's total revenue was \$11,275.28



Individual donors 81%
Donation classes 3%
Class Registrations 12%
Panel Registrations 4%

Moving forward



2023 is already moving forward, with online classes, in person classes and donation classes.

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

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

Our Mission




The Practice Coalition is here to bring yoga for trauma 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 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 yoga for trauma 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

