Dear supporters,

From the very beginning, Exhale to Inhale has been a story of community. We share a collective desire to honor survivors and carry forward more healing. Because of you, we have brought the healing power of yoga to thousands of survivors of domestic violence and sexual assault.

For this, I thank you. Thank you for deciding to join this incredible community. Thank you for being our partner in healing. This work cannot be done without each of you.

Each of you has been a champion for our cause: Whether you have supported our mission with your time, expertise, or monetary donations—you have made it possible for us to expand our reach. We are immensely grateful for the unique and generous ways you have chosen to support us.

The last year has shown me the true power of community. As the world and our community changes—we move, breathe, and adapt with it. Over the last six years it’s been an honor to see the shifts and evolutions for us and for you as well. I’ve seen donors become teachers and teachers become Board members. I’ve witnessed you beginning to share your own stories as you champion ours.

2019 was truly an incredible year that has laid the foundation for a successful future. We remain committed to leading the charge as experts in the trauma-informed yoga field. First and foremost, our goal is to create a space for survivors and the staff that work with them to move, breathe, and reconnect to their resilience.

As we shift into 2020, we are committed to training and elevating leaders in the trauma-informed space through a new fellowship program, so that we can expand our services to reach more survivors and train more yoga professionals. Maintaining and expanding our programs would not be possible without your continued support.

Thank you for sharing this sacred space with us and standing with survivors. I am grateful for your vital contributions to our community and am excited for the next stage of our healing journey.

In gratitude,

Zoe LePage
Founder & Executive Director

Our story through community

At our core, Exhale to Inhale is a story of community through partnerships. Partners, like you, who want to empower those affected by domestic violence and sexual assault to transform their lives.

Working together, we provide the healing practice of trauma-informed yoga and help communities develop the skills and knowledge to support them.

We’re more than just an organization that provides weekly trauma-informed yoga classes in domestic violence shelters and community centers. We’re more than leaders in the trauma-informed field. We’re a community. And this is our story through the words of our community:

Photograph by THE COMMISSION PROJECT

Photo Credit: The Commission Project
A story of healing

A note from one of our students:

I attended yoga classes at a shelter a few years back while recovering from an abusive marriage. The yoga classes I’d been to with friends before Exhale to Inhale didn’t feel safe in a way I couldn’t quite pinpoint. Your yoga teachers helped me feel ok in my body again and helped me understand that traditional yoga classes sometimes put my body into positions that triggered reminders of sexual violence and extreme vulnerability. I just finished my daily yoga practice at home and suddenly wanted to express my gratitude for being able to participate in a trauma-informed yoga program and reconnect with my own body in a safe and gentle way. I can’t speak for the other women in my group, but I know that specific yoga class, in that frankly bleak context, was massively healing for me.

A story of transformation

A note from one of our teachers, Natasha Johnson:

I’ve been teaching for Exhale to Inhale since the beginning of 2019. As a long-time yogini, from the onset of Exhale to Inhale’s training I could tell this trauma-informed approach wouldn’t just be transformative for the way I teach, but for me as well. These teachings and this community are an extension of the work that I do in social justice, how I live, and my life philosophies. I firmly believe that those impacted by gender-based violence deserve freedom, agency, opportunity, and choices. I love that Exhale to Inhale allows those impacted to add yoga as a tool to their toolkit.

Teaching for Exhale to Inhale has been incredibly rewarding. Many of our students have never practiced yoga before—and I know it can feel scary just to show up. It’s such an honor to hold this space for them and watch them step into their power. To see the trust growing between myself and them and between themselves is a reminder of the humanity of people and how easy it is to be present with those around us.

Exhale to Inhale’s trauma-informed training and the opportunity to teach for them has been truly transformational. What I’ve learned hasn’t just impacted the way I teach, but the way I interact with people out in the world.
Our work with survivors

The work of Exhale to Inhale centers on survivors’ unique healing journeys. Trauma can have a distressing impact on the mind and body and it can overwhelm an individual’s ability to cope with their surroundings and responsibilities. With six years of expertise in the trauma-informed space—we aim to empower survivors through the healing power of yoga.

Our goal is to support survivors in building a foundation for personal healing by providing resources that can be used both on and off the yoga mat. Our classes are about choice-making and reconnecting to our bodies. This translates off the mat to learning new coping strategies, developing resilience, and regaining the ability to make empowered life choices.

Note From Our Student

“I can’t emphasize strongly enough how this program helped me begin to feel safe in my body...”

Our teachers

We want to thank our dedicated and talented group of Exhale to Inhale-trained teachers, who volunteer their time so we can provide free classes to those who need it most.

Abby Ziaja
Adrianna Keener
Adrienne Perkins
Alycia Moreno
Amy Appar (2 years)
Ana Guedes-Mesquita
Angela Boswell (2 years)
Ariel Islam Davis (4 years)
Astrid Locker
Caitie Corradino
Catherine Cromelin (3 year)
Cecilei Lovestam (2 years)
Cheryl Chen

Christina Jones (3 years)
Cynthia Magana (5 year)
Desiree Ayong
DK Dyson
Elise Benkard
Ellyn Gerry (1 year)
Erica Milde
Erika Zappia
Francesca Muffaletto (2 years)
Gillian Kaye (1 year)
Helene Kerherve (4 years)
Jaclyn Spector (2 years)
Jeesoo Park (5 years)
Jenna Conner (1 year)
Jess Blake (6 years)
Jessica Apfel (2 years)
Jessica Genussa
Joanna Grasso (1 year)
Josephine Cooper (1 year)
Julie Rowland (2 years)
Kathryn Cornelius (3 years)
Katrina Law
Lina Sarmiento (1 year)
Lisa Brody (2 years)
Lisa Marie Rainford
Lisa Mehos (3 years)

Lisa Weinert
Lucy Schanzer
Magdalene Martinez
Mary Roth (1 year)
Matthew Espino (2 years)
Megan Prasad (2 years)
Melissa Jhunja (5 years)
Monae Weathington (1 year)
Monica Esquivel (2 years)
Natasha Johnson (1 year)
Paola Valquez
Raquel Weinberg
Rebecca Macies
Renk Kocturk (2 years)
Sara Corris (1 year)
Sara Madsen (2 years)
Sarah Berenbaum (5 years)
Sarah McGulkin (1 year)
Shantia Valencio (1 year)
Shawna Wakefield (4 years)
Shayna Skarf
Shikha Pursnani
Stephanie Sanchez (3 years)
Suzannah Gratz
Tara Johnson
Tiffany Schiller (1 year)

Years in parentheses denote number of years teaching with Exhale to Inhale
Our impact

In partnership with the New School for Social Research, we created a survey to measure stress, bodily pain, and sense of agency before and after an Exhale to Inhale class.

The data shows that students feel a statistically significant improvement across each of the measurements below.

Stress
Survivors can experience elevated levels of stress. Our classes teach body and breath-based relaxation skills to reduce stress. This improves executive functioning (e.g., emotion regulation and decision-making).

26% DECREASE IN STRESS

Bodily Pain
Survivors can experience medically unexplained somatic complaints. Our classes aim to ameliorate these sensations through movement and breath. This in turn reduces symptoms of anxiety, depression, and PTSD.

29% DECREASE IN BODILY PAIN

Sense of Agency
Survivors can feel a reduced perception of self-efficacy (ability to cope). Our classes encourage choice-making throughout the practice. This helps improve self-efficacy, which has ripple effects off the mat.

21% INCREASE IN SENSE OF AGENCY

Yoga works, yoga heals
Our data also showed that those who experienced a greater improvement in bodily sensations were more likely to continue to attend additional yoga classes. We see our students return to the yoga mat because they are experiencing the healing power of yoga.

- Participants who attended only one class
- Participants who attended two or more classes

2019 Impact

<table>
<thead>
<tr>
<th>Classes Taught</th>
<th>Unique Students Served</th>
<th>Yoga Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>441</td>
<td>689</td>
<td>1,592</td>
</tr>
</tbody>
</table>

Classes held in all 5 boroughs of NYC

Note From Our Student

“...I know from experience that your work changes lives for the better.”
A story of reconnection

A note from Sara Eldridge, an Assistant Program Director at one of our partner organizations:

I work as the Assistant Program Director at Secret Garden, part of Barrier Free Living (BFL). BFL provides services to survivors of domestic violence who also have a disability.

I love that we can offer our clients this tool to help them reconnect to their bodies and breathe in a safe and supported way. We have been partnering with Exhale to Inhale for three years and will continue doing so, because we feel that they truly understand what it means to work with survivors.

For so many of our clients, they’ve never had the opportunity to take time out for themselves—to just rest, recharge, and reconnect with their bodies. So being able to offer this space just for them is wonderful. Our clients constantly tell us how much they look forward to these weekly classes. And it’s more than just the class—they tell us they feel more relaxed and are applying what they learn (breathing exercises, getting in touch with their bodies, and mindfulness) into their daily lives. For me, it’s so huge that they can see these are tools that they can carry with them anywhere.

We know trauma lives in our physical bodies—and if we’re not in tune with what our bodies are telling us we’re missing part of the healing process. Which is why it’s so exciting that Exhale to Inhale exists. I’m grateful they are doing this amazing and transformative work connecting trauma, mind and body, mindfulness and breath, all together.

“These classes help me so much with my stress levels. It’s not just physically healing, but also mentally and emotionally healing. I love that it’s just for me, not for anyone else, and that I have total control over it. It’s been a very rewarding experience for me.”

- Exhale to Inhale Student at Barrier Free Living

Our partner organizations

Our work is possible in large part because of the partnerships we have with local domestic violence shelters and community centers. These facilities provide the access and physical space we need to deliver free classes for survivors and the staff who support them. We’re grateful for these partners who over time have become our champions. Our 2019 partner organizations include:

- Adolescent Health Center (Mt. Sinai)
- BFL (Barrier Free Living)
- Bottomless Closet
- Connect
- CUNY
- CVTC
- El Nido
- Family Justice Center (FJC)
- FJC Bronx
- FJC Manhattan
- FJC Queens
- FJC Staten Island
- Franklin Women’s shelter
- Good Shepherd
- Harmonia - SUS
- Her Justice
- Juliard
- Liberty House (Volunteers of America)
- NMIC
- NMIC - Bronx
- STEPs
- SUS Aegis (also known as Starhill)
- Third Root (donation based)
- Victim Service Unit
- VIP Queens
- Womankind
- Women’s Prison Association
- Wycoff Medical Center

10
Our expertise

We believe that by making our trauma-informed methodology and training accessible to all, it will allow teachers to develop the skills and knowledge they need to create more inclusive spaces in their communities. Our trainings incorporate lecture and experiential learning, always keeping survivors top of mind.

At Exhale to Inhale we believe the resources gained through yoga are at the very foundation of our lives—the ability to breathe, gain physical and emotional strength, and to make healthy life choices. Our hope is to support the creation of more inclusive spaces everywhere as our trainees take their learnings from the classroom out into the world.

We are grateful that a number of people who take our teacher training go on to volunteer teach for Exhale to Inhale, while others go on to use these resources to be of service in their own communities. Take a look at some training impact stories on the next page.

“Exhale to Inhale’s training taught me about showing up and being able to be a steward for others in this practice. It was such a lovely training and so different than others that I’ve attended. Learning to be mindful of others when it comes to my presence and language has helped me not just as a teacher but when I communicate out in the world. I feel more conscious of my impact on people.”

“Exhale to Inhale’s trauma-informed teacher training is hands down one of the best teacher trainings I have attended (I’ve done quite a few!) The course covered a lot of ground in one weekend, and the instructor followed up with additional resources that I refer back to often. I immediately felt equipped with the skills needed. My teaching style is heavily influenced by Exhale to Inhale with more inclusive language, grounding movements, and a thoughtful, compassionate approach.”

“This training provided me with a deeper understanding of the impacts of trauma and how to better support survivors on their healing journeys. I’m so grateful for having received these hours of knowledge because it gave me an opportunity to learn about what goes through people’s minds and bodies in response to trauma. Thanks to this training provided by Exhale to Inhale, I feel empowered, confident, and determined to support whoever I might encounter in finding, at least for a moment, a feeling of peace and tranquility.”

Our 2019 Trainings

<table>
<thead>
<tr>
<th>Types of Trainings</th>
<th>Number</th>
</tr>
</thead>
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<tr>
<td>Full-length trainings</td>
<td>9</td>
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<tr>
<td>Four-hour workshops</td>
<td>5</td>
</tr>
<tr>
<td>Teacher training scholarships</td>
<td>31</td>
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<table>
<thead>
<tr>
<th>Attendance Details</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full-length trainings attended by</td>
<td>139 individuals</td>
</tr>
<tr>
<td>Four-hour workshops attended by</td>
<td>75 individuals</td>
</tr>
<tr>
<td>Teacher training scholarships awarded in exchange for</td>
<td>372 hours of volunteer teaching</td>
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</tbody>
</table>
A story of partnership

flamingo

A note from one of our corporate partners, Flamingo:
Flamingo designs body care products for daily routines and self-care rituals. So much of feeling good in your skin is grounded in the products that you feel good using and other daily rituals that make up your routine. Exhale to Inhale’s practice is similarly grounded in the ritual and routine of reconnecting with your own breath and movement through practiced techniques. When you’re able to feel good in your own skin—through both quality products and movement—you gain power and confidence to show up for yourself. We truly believe that a positive relationship to body care starts with quality products, and that when we show up for ourselves in private, we’re able to show up as ourselves in public.

From day one, we’ve set aside 1% of sales to donate to nonprofit organizations. When we met Exhale to Inhale, we felt the impact the organization was making was deeply aligned with how we want to support our customers and our community. After learning more about Exhale to Inhale’s programming, and the ambitious goals that the team had for growth in 2019, we decided that the greatest impact we could have together would be investing in Exhale to Inhale’s teacher training program. Training more teachers (and teacher trainers) has had a ripple effect on the number of people that Exhale to Inhale is able to reach and share their resources and classes with every day.

“From the moment we started considering nonprofit partners, Exhale to Inhale has sat at the top of our list. Zoe has built an incredible team dedicated to an incredible mission—and making a meaningful impact. Flamingo is proud to support Exhale to Inhale, and excited about the work we can do together as partners.”

—Allie Melnick, GM, Flamingo

Our Inaugural Gala

Selling out our Inaugural Gala and seeing a room filled with 450 guests was something beyond our wildest dreams. Together we celebrated healing, stood with survivors, and heard words of inspiration. We came together as a community and lives were changed, and more will be changed, because of your support. Thanks to you, we raised 10 times what we had set as our initial goal for our first-ever Gala. $307,000 RAISED

“Through our partnership with Exhale to Inhale we are able to offer trauma-informed yoga, meditation, and movement workshops that aim to heal trauma and restore the mind-body balance often disrupted after traumatic experiences. Healing from trauma and rebuilding lives are complex processes that often ‘take a village’, a village comprised of dedicated partners like Exhale to Inhale which understands the ongoing impact of trauma and the importance of healing and building resilience through holistic practices.”

Commissioner Cecile Noel of the Mayor’s Office to End Domestic and Gender-Based Violence

A Note From Our Keynote Speaker

Exhale to Inhale | 2019 Annual Report
Our year in review

2019 was filled with many firsts, as well as numerous events to raise awareness and funds for survivors. Please take a look at some of our key milestones:

1. YEAR-ROUND
Movement for Meaning
Hosted 15+ donation-based events with local fitness studios, raising $6,300.

2. APRIL
#healmetoo
A month-long campaign in honor of Sexual Assault Awareness month, raising $30,849.

3. JUNE
Summer Solstice
Charity partner for Times Square Summer Solstice, raising $7,600.

4. JUNE
New Board President
Welcomed Bomseun Kim as our Board President.

5. JULY
New Partnership
Selected as one of Flamingo’s charity partners.

6. AUGUST
Program Director
Aditi Davray stepped into the newly created role of Program Director.

7. SEPTEMBER
New Board Member
Welcomed Wael Younan as our Board member and Treasurer.

8. OCTOBER
Inaugural Gala
Held our first-ever gala at The Rubin Museum of Art, raising $307,000.

9. NOVEMBER
New Board Member
Welcomed Tina Miletich as our newest Board member.

10. DECEMBER
Here to Be
Celebrated our Here to Be Partnership with lululemon.

Financials

Gross Revenue
Due to our inaugural gala we were able to more than double our gross revenue. Note that 2019 financials include $166K in in-kind donations.

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
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</thead>
<tbody>
<tr>
<td>$114,013</td>
<td>$232,210</td>
<td>$749,876</td>
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</tr>
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</table>

Breakdown of Revenue

- Events: 28% 27% 18%
- Corporate Sponsorships: 36% 50% 36%
- Grants: 6% 3% 6%

Breakdown of Expenses

- Admin: 33% 13% 23%
- Programming: 44% 37% 37%
- Fundraising & Events: 23% 37% 37%
- Training: 18% 6% 3%
Our donors

We would like to thank each and every donor for helping to make 2019 an extraordinary year for Exhale to Inhale in terms of the number of contributors and the funds raised.

BENEFACTOR
Compass Lexicon (FTI Consulting)
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Flamingo
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Bridget Kane & Tyler Reynolds
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Carlyne Queen
Castle Connolly
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Charles Smith
Charrize Avendano
Cheryl Herman
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Christina Jones
Chui Sim Chan
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Daniel Fields
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Daniel Yadegar
Danniello lobacco
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Donis Hernandez
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Erica Kerman
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Gaelle Tribie
Gheed Saeed
Gunn Doshay
Gunjan Kalra
Hannah Gruber
Heather Cox
Heather Gunn
Heidi Rydman
Holly Sher
Hot Yoga House
Rita Cox
Houy Geudekian
Ina Becker
Ioann Galitzine
Ismat Bhaimis
Jack Wray
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James Hallowell
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Jennifer Gremmel
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Joanna Cohen
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Joshua Lipshitz
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Julie Margolis
Julie Weber
Kathleen Fay
Kathryn Eisberg
Kate Bell
Keith Ohrmees
Kelli Haywood
Kieran Taylor
Kim Gerstman
Kimberly Madigan
Kimmy Scotti
Kristen Lalka
Kristopher McDaniel
Kwanne Fynn
L Balm Yoga
Lany Naeng
Levin Padva
Lauren Antler
Lauren Danziger
Lawrence Barth
Leslie Davis
Lily Tu
Linda Slow
Linda Sparrow
Lindsey Wong
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Lorriane Liang
Lucinda Ivanoff
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Maria Lizardo
Marie O’Neill
Mariza P.
Mary Beth Sweeney
Mary Maguire
Maryse Lloyd
Melii O’Brien
Mica Spicka
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Monica Perschetz
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Noa Shov
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Saez Muzumdar
Sam Rounds
Sandra Good
Sarah & Alan Finger
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Sarah Wilcox
Sari Rosenberg
Sefterina Berch
Shannon Gates
Sheldon Friedstein
Simrin Rawal
Si-Yeon Kim
Soa Jae Kim
Sophia Holly
Sophia Keily
sound healthcare communications
Spencer Traver
Steve & Sabine Capillit
Sue Kobin
Sue Lazzar
Susie Su
Sweta Vikram
Tad Tobikes
Tara Bulin
Tara Johnson
Ted Stein
Tess Koeing
The Burgiss Group
Theane Evangelis

Exhale to Inhale | 2019 Annual Report
Thank you to this special group of individuals who choose to give each month. Giving monthly allows us to spend less time fundraising and more time serving survivors and the staff who support them.

Daniel Leventhal
Elena Keil
Esterina Degrazia-Anderson
Katherine Wysokowski

Marie O’Neil
Rebecca Holtis
Vanessa Espanza
Victoria Ramos

Kjaer Weis
Kramer Levin Naftalis & Frankel LLP
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Miraculous Malas
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Nechama Karp
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Ohanjacqueline
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Sounds True Foundation
SPINA Total
Entertainment
Splendid Spoon
Stetch’d
Teressa Foglia
The Center for Trauma and Embodiment at JRI
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The Rural Painter
The Well
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Yogamere
Zephyr Float

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Google
Oracle
Pfizer

Please accept our apologies for any misspellings or inadvertent omissions for gifts received during 2019.
Become one of our partners in healing.

"Exhale to Inhale means the chance to support survivors of trauma by creating a community of understanding for healing, perseverance, and self-determination, through the practice of trauma-informed yoga. For me, contributing to Exhale to Inhale is a chance to serve an important and meaningful purpose for a mission in which I believe wholeheartedly."

–Exhale to Inhale Donor