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+ | 7,000+ | 50+ |
| Class Sign-Ups Since 2020 | Yoga Classes Delivered Since 2018 | Shelter + Nonprofit Partners Annually |

| 1,200+ | 91 |
| Individuals Trained in Trauma Informed Yoga Since 2016 | 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% | 96% | 86% |
| Decrease In Anxiety | Decrease In Stress | 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 8 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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