Breathing Space Yoga & Mindfulness Studio
2017 Annual Report
January 5, 2018

2017 Milestones

• Search and finding of STEAM Building Studio Feb - April 2017
• Start-up funding to open bank account Apr 2017
• Lease negotiation and signing May 2017
• Grant award from MassDev of $7500 to match $7500 raised from individuals.
• Design and launch of Breathing Space website May 2017
• Renovations on #301 Breathing Space Studio - May - Jun 2017
• Opening reception, June 21, 2017
• Yoga Classes begun June 24, 2017
• Fundraising campaign for MassDev crowdmatching grant successfully completed Aug 2017
• Live Music Fundraiser for Yoga & Body Image Coalition
• Recovery Yoga (for those in addiction recovery) Outreach sites established: Providence Hospital (2 weekly classes), After Incarceration Services (1 weekly class), Hampden County Prerelease Center (1 weekly class), Northampton Recovery Center (1 monthly class, sometimes weekly), July - November 2017
• Three Introduction to Yoga Workshops held Sep, Oct, Nov 2017 (3-7 people per session)
• Holyoke Meditation Group, weekly meetings and Fall and Holiday potluck gatherings Sep - Dec 2017
• Receipt of Urban Outreach Foundation support for one Outreach class in 2018 - Dec 2017
• End of year 2017 fundraising - Facebook and Website totals: $825

Donations to other organizations

• 6 hours each week for Outreach Recovery Yoga classes
• Nueva Esperanza $100
• Western Mass Puerto Rico Fund $500
• Coat drive for Enlace de Familias
• Food and Gift donations for Nueva Esperanza Holiday Drive
• Planning committee for Taste of South Holyoke festival
• Yoga & Body Image Coalition $100 (Live Music fundraiser)
• Yoga block donation to Hampden County Prerelease Center

Financial Statement

• Individual donations amount is actually higher ($7500 minus service fees), but this shows up mostly under government grants for this year.
• Program service revenue is payment for yoga classes
• 2017 Expenses include renovations and yoga equipment purchases, most of which are one-time costs (e.g., flooring, mats, blocks, lighting, etc.)
• Occupancy is rent, $997 per month, which includes all utilities
• Travel costs for Recovery Coach training, completed

Thank you again for your support and interest!