

# 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 crowdfunding 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!