

### Our Mission:

Expanding opportunities for girls and women to develop their "inner voice" through yoga, creativity, and leadership activities.

### Our Purpose:

Tranquil Space Foundation focuses on expanding opportunities for girls and women to develop their inner voice through yoga, creativity, and leadership activities. Its signature program, TranquilTeens, provides workshops for girls in grades 9-12 through partnerships with schools and community organizations. Tranquil Space Foundation also contributes to programs and organizations aligned with its mission.

### Our Values:

Tranquil Space Foundation was organized as a 501(c)(3) public charity that taps into yoga's emphasis on leading a balanced lifestyle, reflecting on one's place and impact in the world, and selfless service to others. Tranquil Space Foundation was created to give yogis and the wider DC community a way to practice our deepest values "off the mat." Tranquil Space Foundation focuses on expanding opportunities for yoga, creativity, and leadership among women and girls. The signature program, TranquilTeens, provides workshops for girls in 9th through 12th grades through partnerships with schools and community organizations. Tranquil Space Foundation also gives to programs and organizations that help meet its mission.

## 2008 Activities

### { EVENTS }

#### Gala

The 2<sup>nd</sup> annual Tranquil Space Foundation Gala was held on October 16, 2008 at the Josephine Butler House. Volunteers Amanda Hirsch and Cecilia Orphan were the gala event chairs. The gala raised a total revenue of \$2996.49



#### Highlights from the event:

- Live music from a local musician
- Lively silent auction
- Record number of attendees

{ TRANQUIL TEENS }

This year, the Foundation brought our signature program, Tranquil Teens to a number of new organizations and communities in DC. In 2008, 60 girls were served at four workshops.



2008 Partners

- For the Love of Children (FLOC)
- S.I.S.T.E.R.S.
- Running Start
- Finding Our Wings

{ GRANTS }

In 2008, the Foundation began a new tradition of grant making by giving three \$500 grants to local organizations with aligned missions.



- The Family Support Center's S.I.S.T.E.R.S. (Self-Image, Strength, Tenacity, Empathy, Responsibility and Success) program is an after school, comprehensive, holistic empowerment approach to working with young women in their school environment. The SISTERS program provides prevention education for at-risk behaviors, skill-building and leadership workshops, and practical decision-making experience for teen girls.

- Girls in Technology (GIT) engages girls and young women in technology and computer-related learning. Their programs include summer camps, mentoring, and school computer clubs for girls in DC. GIT focuses on economically and socially disadvantaged girls in an effort to ensure these girls become the next generation of technology-savvy professional women.



- Girls on the Run of Northern Virginia employs exercise, goal-setting, and mentoring to help girls realize leadership potential, build self-esteem, and hone their social skills.

Tranquil Space Foundation 2008 Leadership Team

Board of Directors:

Michelle Hynes  
Tim Mooney  
Rachel Nuzum  
Kimberly Wilson  
Brian Winterfeldt

Steering Committee:

Amanda Hirsch (Communications)  
Lauren Brownstein (Generosity)  
Jackie Leventhal (Volunteer Coordinator)  
Ana Ottman (Programs and Partnerships)  
Latoya Peterson (Development)