

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.

2009 Activities

{ EVENTS }



LunaFest

2009 marked the first year Tranquil Space Foundation brought LunaFest to DC. LunaFest is films by, for, and about women. Held on April 23, 2009, the event was chaired by Rachel Nuzum and held at Steptoe and Johnson. The total revenue raised from the event was \$1292.51.

Gala

The 3rd annual Tranquil Space Foundation Gala was held on October 8, 2009 at Steptoe and Johnson. Volunteers Allison Manion Gilbert and Shannon Demko were the gala event chairs. The gala raised a total revenue of \$4174.02.



Highlights of the event:

- Online auction
- Yoga, creativity, and leadership presentations
- Grantee speakers
- Raffle prizes



Yoga. Creativity. Leadership.

{ TRANQUIL TEENS }

This year, the Foundation continued our signature program, Tranquil Teens, which reached new records in number of workshops and girls served. In 2009, 75 girls were served at five workshops. There was a summer train-the-trainer event for Foundation staff, as well as curriculum updates and new branding for the workshop handouts.



2009 Partners

- o S.I.S.T.E.R.S.
- o Time Dollar Youth Court
- o Running Start



{ GRANTS }

In 2009, the Foundation continued its tradition of grant making by giving three \$500 grants and one \$750 grant to local organizations with similar missions.

\$500 Level



- o Nest, dedicated to changing the lives of women in developing countries, supports women artists and artisans in the developing world by helping them create sustainable entrepreneurial businesses.

- o The Latin American Youth Center's Girls' Youth Leadership Program offers 12-18 year-old girls programming to develop self-esteem and leadership skills, and empower those at risk of gang involvement in their communities.



- o The Women's Collective meets the self-defined needs of women, girls, and their families living with or at risk for HIV/AIDS.

\$750 Level

- o 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 2009 Leadership Team

Board of Directors:

Tim Mooney
Rachel Nuzum
Kimberly Wilson
Brian Winterfeldt

Steering Committee:

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

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