



2013 Annual Report

Our Mission:

Expanding opportunities for girls and women to develop their “inner voice” through mindfulness, creativity, and leadership activities.

Our Purpose:

Tranquil Space Foundation focuses on expanding opportunities for girls and women to develop their inner voice through mindfulness, 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.”

2013 Activities {STRATEGIC SHIFT}

In spring of 2013, the Tranquil Space Foundation board held a retreat to discuss strategic shifts to our mission and programming. Our Tranquil Teens program -- which we have hosted to over 600 girls in the Washington, D.C. area -- will be transitioned into an online program in order to serve many more women and girls across the country and the world. We will therefore develop a multimedia Facilitator’s Toolkit so that teachers, community leaders, social workers, and other organizations and individuals can present our mindfulness, creativity, and leadership curriculum themselves. Our move away from an asana-specific yoga focus to one of mindfulness, in response to what we learned during our pilot years, will make our programming more inclusive. The Toolkit, an e-book with video and audio components, will also provide tips for working with varied populations such as tweens, college women, LGBT communities, and adults.

We are excited to be able to reach a much broader audience with our unique programming as we move into our eighth year.

Yoga. Creativity. Leadership.

To explain the changes to our community, we prepared this video outlining our plans:



{EVENTS}

LUNAFEST

In April 2013 Tranquil Space Foundation brought LUNAFEST – a national festival of short films by, for, and about women which raises awareness of women’s issues -- to Washington, D.C. for the fifth successive year. Rachel Nuzum again chaired this event, which included a wine and cheese reception before the screening, and a prize raffle. The festival was hosted once more by Steptoe and Johnson (who were also co-sponsors, along with TranquiliT and Stella’s Popkern). The evening raised \$1339.02 in revenue, and \$250 was donated to the Breast Cancer Fund.

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In lieu of Tranquil Space Foundation’s annual Gala we instead held a ChariTea evening on September 10, 2013, at Darlington House. Guests were treated to live music from Heather McAuliffe and accompanists, vegetarian treats, and an inspirational speech from our generosity chair Lauren Brownstein. \$251 was raised for the Foundation from \$5 donations at the door, with a further \$1000 raised during founder Kimberly Wilson’s Tranquility Tour around the U.S and Canada.

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{GRANTS}

In our seven years of existence, Tranquil Space Foundation has also given over \$18,000 to like-minded organizations, fueling the wave of female empowerment both locally and around the world. These micro-grants have helped women and their families struggling with HIV/AIDS, women artisans in developing countries, homeless women in the DC area, and a host of other women-focused causes.

In 2013, Tranquil Space Foundation continued this tradition by providing grants totalling \$4,000 to these four organizations:

- **Calvary Women's Center** – provides housing and meals, and support services including educational programs, employment services, mental health support, and addiction recovery support to homeless women (\$1,000).
- **Community Bridges** – which provides multicultural empowerment and leadership programs for young, diverse girls in the Silver Spring, Maryland, community. Most program participants are from low-income or immigrant backgrounds (\$1,500).
- **DC Rape Crisis Center** – provides support for survivors of sexual abuse and assault through crisis intervention, counselling, and advocacy (\$1,000).
- **Olive Tree Yoga Foundation** – creates yoga teacher training programs for people in communities affected by conflict, with the aim of creating transformative leaders through the practice of yoga (\$500).

{TRANQUIL TEENS}

In 2013, the Tranquil Space Foundation ran its signature "Tranquil Teens" program within the DC metro area with **25 girls**.

The partner organization we served is:

- **Mary's Center** – a DC-area center providing health care, family literacy and social services to individuals whose needs often go unmet by public and private systems. Their teen program provides health-related programming and case management services to teenagers.

{Tranquil Space Foundation Leadership Team}

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Board of Directors: Tim Mooney, Kimberly Wilson, Brian Winterfeldt, Allison Manion Gilbert

Steering Committee: Laura Bogomolny (Programs and Partnerships), Lauren Brownstein (Generosity), Katie DePaola, Jackie Leventhal (Volunteer Coordinator), Allison Manion Gilbert (Fall Celebration Co-Chair), Rachel Nuzum (LUNAFEST Chair), Jennifer Pendleton, Kimberley Porteous (Communications), Brie Shields.

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