



TRANSFORMATION
YOGA PROJECT

Dear Friends,

I hope this note finds you well, and that you have been able to maintain your strength and resilience through the unimaginable challenges of COVID19 trauma and uncertainty. I have heard from many of you, including tales of loss. Still, we have all continued to move forward, drawing on many of the tenets of our yoga practices.

Today, I'm writing with news of significant change. As you know, the pandemic forced TYP to place direct services on hold for more than a year. During this time, we examined the best options to further our mission while supporting our partners, students, and instructors. After careful consideration, we determined that the best path forward is to utilize our assets to support other organizations that serve in ways consistent with our mission.

Therefore, we will soon announce that TYP is concluding service operations and donating 100% of our financial reserves to national and local organizations that can continue to promote access to yoga for people impacted by trauma, addiction, and incarceration. The official announcement from our Board of Directors appears below.

This change stems from our belief that providing financial support to national and local trauma service yoga organizations, including specific yoga programs as well as trauma-sensitive yoga instructors, is the best way to ensure that TYP's vision of making yoga accessible to those who could truly benefit from it.

Please know that we will work closely with instructors and partners to support the small number of programs that have reopened since COVID19 lockdowns. If you are an instructor, please let me know if you would like to be put on a referral list to institutions that reach out seeking qualified instructors. As we identify donation recipients, we will be posting them on our website, and making sure that instructors are aware of opportunities to support their training or community endeavors.

A "request for funding" application can be found on our [website](#), in the event you know of organizations that could benefit from our support.

We offer our sincere gratitude to all our partners, funders and our incredible team of instructors, who have helped us achieve meaningful social change over the past seven years. Together, our efforts have built Transformation Yoga Project into a nationally recognized model for providing access to yoga in communities impacted by trauma, addiction, and incarceration. During that time, we expanded to more than 65 partner locations in Pennsylvania and Delaware where our outreach focused on a wide range of justice, recovery and youth communities.

Our yoga practice teaches us to be present, to be grateful, and to navigate life's challenges from a place of ease while embracing impermanence. As we make this transition into the next stage of our journey, we can make sure that our legacy of service will live on and continue to do the most good.

Sincerely,
Mike Huggins
TYP Founder & Executive Director
mike@transformationyogaproject.org

Announcement....

A Message from TYP's Board of Directors

Like many non-profits, TYP was severely impacted by the COVID19 pandemic. The communities we serve, many of them congregate living facilities, went into lockdown and 3,300 annual classes vanished literally overnight. In response, our team made significant donations totaling over \$30,000 directly to front-line organizations that were still able to serve our justice, recovery, and youth communities. Concurrently, we created online materials for our students and institutional partners, but response was limited as our partners rightfully focused on key initiatives to protect our students' health and safety in the face of a deadly pandemic.

Just over one year later, virtually all of our partner communities continue to be closed to outside visitors as well as in-person programming such as that provided by TYP. Additionally, there is tremendous uncertainty regarding future access. As a result, our board of directors has spent the past few months considering the best way to further our mission and support our partners, students, and instructors. Should we continue to wait out the pandemic, or could our assets be better used to support other organizations that serve in ways consistent with our mission?

After substantial deliberation, our board has decided that the path forward is to cease operations as an in-service yoga provider by the middle of 2022, and **release 100% of our financial reserves to a mix of national and local organizations that can use the resources to amplify their community impact.** We are excited about this decision and believe it is the best way to honor our communities and further the vision of TYP in a meaningful way.

What does this mean?

We are still going to support existing programs in the short term....

To start, we will continue to work diligently to staff and support the small number of existing programs underway, but we will not be taking on new programs. We will also work to refer interested TYP instructors to any organizations that reach out to us seeking programming.

By mid-2022, we will complete an orderly distribution of our financial reserves....

At the same time, we will work to undertake an orderly distribution of our reserves to organizations that we believe will build upon our mission, by making trauma-informed yoga, mindfulness, and training more accessible to communities impacted by trauma, recovery, and incarceration. We anticipate identifying organizations by the end of 2021 and finalizing an orderly dissolution of our reserves to be completed before the end of 2022.

What kinds of organizations will receive our financial assets?

We are currently reviewing potential recipients and anticipate making decisions on a rolling basis throughout the next twelve months. All awards will be directed to organizations demonstrating:

- Exceptional commitment to and expertise with trauma-sensitive yoga training and practices
- An emphasis on programming that brings yoga to persons within the criminal justice system, dealing with substance abuse recovery, youth and veterans.
- Community investment in Philadelphia and the surrounding region and interest in building upon TYP programming with partner institutions that reopen.
- An opportunity for TYP instructors and team members to participate in trainings and programs.
- Priority will be given to organizations established and led by persons of color, and persons reentering their communities after incarceration.

We are excited by this bold move and look forward to identifying organizations that can continue to transform Greater Philadelphia and Delaware with the evidence-based yoga practices that build strength and resilience for all persons on their life's journey.

With thanks to all, as we could not have done this without you.

Mike Huggins, TYP Founder

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Nicole Anderson, TYP Board President

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Interested in applying for funding? You can find a simple Request for Funding [here](#). Requests are reviewed quarterly and funds disbursed on a rolling basis through mid-2022. .