



**TRANSFORMATION
YOGA PROJECT**

2021 In Review: A Year of Adaption to Continue to Be of Service

COMMUNITY IMPACT HIGHLIGHTS

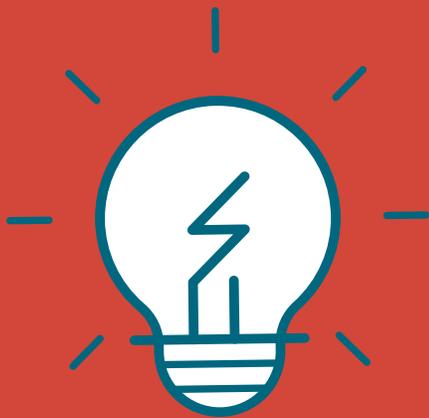
In 2021, Transformation Yoga Project distributed \$250K to friend and partner organizations.

In response to the challenges of the Covid-19 pandemic, TYP announced in May that it would redistribute funding to organizations doing impactful community service in line with TYP's vision and values.

Our donations have helped support justice, recovery, and education efforts in the Philadelphia area and beyond. This pivot ensured that "our legacy of service will live on and continue to do the most good," said Founder Mike Huggins.



Support was not limited to financial contributions. TYP also offered informal mentorship to nonprofits just beginning their mission.



TYP assisted 23 (23!) organizations doing impactful community service in Pennsylvania, Pennsylvania, New Jersey, New Hampshire, California, and Florida with process, development, and strategy. This included volunteer consulting, as well as distribution of materials such as books and training manuals. TYP believes that helping other organizations doing similar work increases access for all.

PROGRAMMING HIGHLIGHTS

Justice Work

Program continuity during lockdown.

TYP-trained incarcerated instructors continued to teach during lockdown, filling a void created by the pandemic. These inspiring individuals continue to serve despite incredible lockdown hardships. TYP-hosted re-entry classes went virtual via Zoom.

Return to in-person programming at state prison.

As the year came to a close, TYP was able to return to SCI Chester in Chester, PA to provide Trauma-Sensitive Yoga after a 20-month hiatus. We are actively working to resume in-person programming to prisons in Greater Philadelphia.

Recovery Work

Provided in-person programming for inpatient behavioral and substance abuse facilities.

TYP facilitated trauma-informed yoga and mindfulness programming at several inpatient behavioral health hospitals providing detoxification and rehabilitative services in Pennsylvania and Delaware.

Support for a new org dedicated to the recovery community.

TYP team member launched trauma-sensitive yoga programs and training solely tailored for the recovery community, supporting long-term sobriety and wellness.



Additional Programming

Media-Providence Friends School

TYP provided a 6-week yoga and mindful movement program for all 120 students.

“

Yoga was FABULOUS!!! I got great feedback from everyone. Our MPFS community is SOOOOOOOO lucky to have this opportunity.

– Tammy Brogan; P.E. Teacher

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Behavioral Health

TYP provided in-person and Zoom programs at Delaware Psychiatric Center, a behavioral health facility.

Nile Swim Club

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It most definitely exposed our members and our demographic to something we may not have otherwise experienced or witnessed in-person.

– Ericka Grant; Group Fitness Coordinator

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TYP provided a 9-week program, accessible to all ages & abilities, for families, youth, & adults.

Learn more & get involved at
TRANSFORMATIONYOGAPROJECT.ORG.
Thank you for your support!

