

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.”

2010 Activities

{EVENTS}

LUNAFEST

2010 marked the second year Tranquil Space Foundation brought LUNAFEST to Washington, D.C. LUNAFEST is a national festival of films by, for, and about women. Held on April 22, 2010, the event was chaired by Rachel Nuzum and held at Steptoe and Johnson. \$1200 in revenue was raised in this effort.



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FALL FUNDRAISER

The Fourth annual Tranquil Space Foundation Gala was held on October 14, 2010, at Darlington House. Allison Manion Gilbert was the event chair. \$5200 in revenue was raised in this effort. Highlights of the event included:

- an inspirational speaker on everyday advocacy
- online auction
- raffle prizes



KARMA YOGA

Kimberly Wilson led a donation-based yoga class at Tranquil Space to raise money for Tranquil Space Foundation on April 11, 2010. \$140 was raised in this effort.

{TRANQUIL TEENS}

In 2010, Tranquil Space Foundation continued offering our signature program, Tranquil Teens, to 110 teen girls, the number served in 2007 and 2008 combined.

2010 Partners:

- Running Start
- Residential Treatment Center of Anne Arundel County

{GRANTS}

In 2010, Tranquil Space Foundation continued its tradition of grant making by providing grants to the following organizations with missions and work aligned with the values of the Foundation.

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\$600 level:

- **Nest**, an organization that empowers female artists and artisans around the world through a combination of interest-free microfinance loans, mentoring, and providing a market in which to sell their crafts.
- **Running Start**, an organization which educates young women and girls about the importance of politics, imbuing them with the skills they need to be leaders.
- **Girls on the Run of Washington, DC**, an organization that employs exercise, goal setting, and mentoring to help teen girls realize their leadership potential, build self-esteem, and hone their social skills.

\$350 level:

- **The Woodhull Institute**, an organization that provides professional development and leadership training for women.
- **Miriam's Kitchen**, an organization that provides individualized services that address the causes and consequences of homelessness in an atmosphere of dignity and respect.

{Tranquil Space Foundation Leadership Team}

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

Steering Committee: Rachel Nuzum (LUNAFEST Chair), Allison Manion Gilbert (Fall Fundraiser Chair), Lauren Beeler (Communications), Lauren Brownstein (Generosity), Jackie Leventhal (Volunteer Coordinator), Ana Ottman (Programs and Partnerships), Latoya Peterson (Development), Brie Shields, and Shannon Demko.



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