



2015 Annual Report

Our Mission:

Encouraging mindfulness and supporting tranquility for all.

Our Purpose:

Tapping into yoga's emphasis on leading a balanced lifestyle, reflecting on one's place and impact in the world, and selfless service to others.

Our Values:

Be mindful. Get creative. Lead others.

2015 Activities

{GRANTS}

In our eight years of existence, Tranquil Space Foundation has given over \$26,000 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 2015, Tranquil Space Foundation continued this tradition by providing renewal grants totaling \$3000 to these three organizations:

- **Generation Hope** – reducing poverty one family at a time by providing direct sponsorships and one-on-one mentoring to teen parents attending college in the Washington, D.C. metro area (\$1,000).
- **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).

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- **Community Bridges** – 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 (\$1,000).

{TRANQUIL TEENS}

In 2015, Tranquil Space Foundation continued to develop its signature "Tranquil Teens" as a program available to the wider world. The 40-page, 8-week self-paced curriculum is a multimedia program and will be made available digitally to organizations and educational institutions in 2016.

{Tranquil Space Foundation Leadership Team}

Board of Directors: Tim Mooney, Kimberly Wilson, Allison Manion Gilbert, Patricia Cervini