



# 2012 Annual Report

## **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.”

## **2012 Activities {EVENTS}**

### **LUNAFEST**

In April 2012 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 fourth 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 Tevolution). The evening raised \$1765 in revenue, and \$250 was donated to the Breast Cancer Fund.

### **FALL CELEBRATION**

Tranquil Space Foundation’s sixth annual Gala was held on October 24, 2012, at Darlington House. Allison Manion Gilbert returned as the event co-chair, with assistance from Katie DePaola. This year saw the introduction of \$25 VIP tickets, which included a signature “TranquilTini” lavender-infused cocktail and a goody bag. A silent auction of covetable items opened in the weeks immediately preceding the event, and items which didn’t sell online were auctioned to attendees on the night, in between musical

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interludes, vegetarian treats, and inspirational speeches from two of our 2012 grantees, Community Bridges and DC Eco-Women. All in all, \$2960 was raised around the event.

## {TRANQUIL TEENS}

In 2012, the Tranquil Space Foundation ran its signature "Tranquil Teens" program seven times for **over 200 girls** from across the country.

The partner organizations we served are:

- **Public Leadership Education Network** -- a national 501(c)(3) organization focused on preparing college women for leadership in the public policy arena. PLEN brings hundreds of women students from colleges and universities across the country to Washington, D.C. for a weekend, week, or entire summer to introduce college women to role models, career paths, and skills trainings before they enter the workforce. PLEN's mission is to increase the number of women in top leadership positions influencing all aspects of the public policy process.
- **Bell Multicultural High School** -- a Washington, DC-based academically-challenging free lunch school which serves high risk youth.
- **Running Start** -- a national 501(c)(3) organization focused on educating young women and girls (high school age) about the importance of politics, and imbuing them with the skills they need to be leaders, giving women the "running start" they need to achieve greater political power.
- **Family Support Center:** a nonprofit service organization that helps both independent and public school staff and families prevent, recognize, and overcome mental health and behavior problems in children and adolescents from pre-kindergarten through grade twelve. FSC offers a full range of social services and mental health services to families and schools in the Washington metropolitan area, and supports healthy emotional growth and development through educational and preventative programs, consultation, and professional, skilled, mental health intervention.

## {GRANTS}

In our six years of existence, Tranquil Space Foundation has also given over \$14,000 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

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with HIV/AIDS, women artisans in developing countries, homeless women in the DC area, and a host of other women-focused causes.

In 2012, Tranquil Space Foundation continued this tradition by providing grants of \$1,000 each to these four organizations:

- **Burma Border Projects** -- a non-profit organization dedicated to the mental health and psychosocial well-being of the displaced people from Burma. Their programs address the psychosocial consequences of the trauma associated with human rights abuses and dislocation of Burmese refugees.
- **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.
- **DC EcoWomen** -- a social community of women who care about the environment. EcoWomen fosters networking, collaboration, and career-building opportunities at every professional level.
- **Girls Rock! DC** – which aims to create a supportive, inclusive, and creative space for girls to develop their self-confidence, build community, stand up, and rock out through music education.

### **{Tranquil Space Foundation Leadership Team}**

**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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