



2014 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.

2014 Activities

{EVENTS}

ANNUAL CELEBRATION and AUCTION

To celebrate Tranquil Space Foundation's plans to take our programming global we held an evening event at Tranquil Space's Dupont Circle studio on October 24, 2014, to coincide with Tranquil Space's team retreat and 15-year celebration. Festive libations and vegetarian treats were served, DJ Alkimist created the ambiance, and VIP goodie bags were on offer. From team members donating their team retreat pay to the Foundation, combined with proceeds from the VIP goodie bags and silent auction, \$1517.50 was raised.

{GRANTS}

In our seven years of existence, Tranquil Space Foundation has given over \$23,000 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.

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In 2014, Tranquil Space Foundation continued this tradition by providing grants totaling \$5,000 to these five 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 (\$1,500).
- **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 (\$1,500).
- **A Little Something** – helps refugee women achieve self-sufficiency through the beauty of handmade crafts (\$500).
- **Tahirih Justice Center** – protects immigrant women and girls seeking justice in the United States from gender-based violence (\$500).

{TRANQUIL TEENS}

In 2014, the Tranquil Space Foundation worked to make its signature "Tranquil Teens" 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.

{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, Jennifer Pendleton, Kimberley Porteous (Communications), Brie Shields.

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