



YOGA MEDICINE
SEVA FOUNDATION

2022 ANNUAL REPORT

We're not giving them a fish, we're teaching them how to fish - that philosophy creates the holistic approach our services provide so that women and girls gain all the skills necessary to build bright, independent futures.

Each time I travel to India and visit our shelters, schools and resource centers, I am reminded of the powerful shift that happens in a young woman's life when she has access to a supportive community and quality education. I first met Sonali in 2015 when she was just beginning her healing process and joining our metalsmith program. Over the years she cultivated skillsets that grew her confidence, and the loving circle of women that surrounded Sonali helped her see her intrinsic value. Sonali graduated and was hired to be the jewelry center's production manager! With a salary above the poverty line and a mind full of possibility, she blossomed into the beautiful, talented woman she is today. We were so happy to reunite on this recent trip - I was wearing the earrings she helped design and produce!

There are 15 million women and girls enslaved in India - coerced into child marriage, forced labor or sexual exploitation. Each one worthy of, and waiting for, a chance to overcome her obstacles and live a life of freedom. Because of your steady support we are able to offer both immediate action and sustainable solutions to survivors. Your commitment to this cause, and investment in our work, has positively affected over 2000 women and girls around the globe. Thank you,

Tiffany Cruikshank, Founder



2000

WOMEN & GIRLS
SERVED

46K

DONATIONS
IN 2022

389

INDIVIDUAL
DONORS

WHAT WE DID IN 2022

In 2022 we helped our operating partner, Her Future Coalition, open a Learning Center near one of the largest slum communities in Asia. The goal of this collaboration is to bridge the gap between education and an income-sustaining career. Your support created The Seva Center, the largest and most utilized room, offering workshop-style programs to the community, staff members and partner nonprofits. Many young women from Computer Training and Baking & Hospitality programs were able to secure quality jobs in call centers, cafes and hotels - creating our first graduates proving education leads to endless opportunity. Additionally, we've upheld our promise to support:



2 SHELTERS



4 RESOURCE CENTERS



4 SCHOOLS

Since 2015 we've raised \$400,000

2025 goal
\$500,000





\$25 a month, or \$300 annually, sends a girl to school for one year.

PARTICIPANTS AT LEARNING CENTER

166 Education Programs

Computers, Spoken English, Adult Literacy, Remedial Math and Bengali, Teacher Trainings, Children's Library Classes

78 Vocational Training

Baking & Hospitality, Sewing, Photography and Graphic Design, Jewelry Design and Metalsmithing, Beautician, Life Skills, Financial Literacy

140 Mental Health & Wellness

Environmental Activism, Human Rights and Gender Rights, EMDR Workshop, Meditation & Mindfulness, 'If I Could Fly' Dance Workshop, 1:1 Counseling



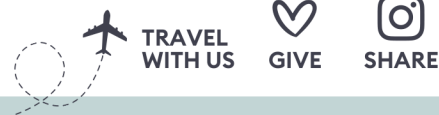
WHAT WE PLAN TO DO

Through the services provided at the Learning Center, we intend to make a significant improvement in our beneficiaries' lives and futures, giving them the tools and support to become leaders and changemakers in their families, communities and society. Our most ambitious vision - working in collaboration with other organizations - is to see a significant reduction in the incidence of human trafficking and re-trafficking. Our long term goals:

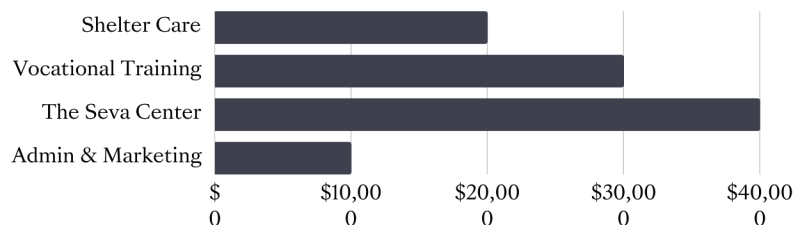
- Preventing intergenerational trafficking
- Helping rescued survivors gain independence and rejoin society
- Providing pathways out of extreme poverty
- Creating safe and uplifting spaces for the most marginalized women

Every other year we travel to India with our top fundraisers, a unique opportunity to connect with our communities, and to learn more about the global issue of human trafficking and gender abuse. If you're interested in getting involved or if you'd like to learn more: Seva@YogaMedicineSeva.com

WAYS TO GET INVOLVED WITH SEVA



HELP US RAISE \$100,000 BY 2025



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