



# SIMPLE ACTS, Meaningful Impact.

Dear Friends and Supporters,

As I reflect on our journey together, one lesson stands out with resounding clarity: the profound power of simple acts. While grand gestures certainly have their place, they are often difficult to sustain over time. However, the cumulative effect of simple, intentional acts of service can be just as impactful, if not more so.

These acts can take many forms. It might be as simple as donating to or volunteering with a local organization—a shelter, food bank, literacy center, or similar cause. It could also mean lending a hand to someone in need, whether by carrying a heavy load or offering a compassionate ear to someone who needs comfort and understanding.

At the core of our work lies the principle of Seva, the Sanskrit word for selfless service. This concept is not only a foundation of our yoga practice but also a guiding force in how we approach our daily lives and interactions. Through our nonprofit, Yoga Medicine Seva, we strive to embody this principle by supporting young women and girls overcome intergenerational poverty, exploitation, and sexual and gender-based violence.

Our efforts range from grassroots fundraising to provide education, shelter, and vocational skills, to engaging in meaningful conversations within our communities to raise awareness about human trafficking. These seemingly small actions are proof that even the smallest contributions can lead to significant change.

As you consider your own path of service, I encourage you never to underestimate the value of your contributions. Whether big or small, each act of selflessness has the potential to create a ripple effect of kindness and support.

If you are seeking a sustainable way to serve others, I invite you to explore the opportunities within Seva. Our nonprofit is continually growing, and we welcome your involvement in the months ahead.

Thank you for your continued support and dedication to our mission. Together, we can continue to make a meaningful impact in the lives of those we serve.



Tiffany Cruikshank  
Founder and CEO

## TOGETHER, OVER 5 YEARS WE'VE BEEN ABLE TO SERVE PARTICIPANTS IN PROGRAMS



**255**  
SHELTER



**275**  
EDUCATION



**125**  
JOB TRAINING

# POSITIVELY AFFECTING **755** WOMEN AND GIRLS

SINCE 2019  
WE'VE RAISED  
**\$484,000**

2025 GOAL  
**\$550,000**

Trafficking, rape, child marriage, and other forms of gender-based violence are devastating the lives and futures of countless girls. According to the United Nations, more than 5 million women and girls in India are currently enduring the horrors of modern slavery. Root causes:

- The low status of women and girls in society
- Traditional cultural practices such as the caste and dowry systems
- Forced early marriage
- A large and sophisticated network of traffickers and brothel keepers
- The normalization of trafficking in some communities, leading to intergenerational prostitution
- Corruption in law enforcement and judiciary

## You can make a difference

HELP US RAISE \$75,000 BY 2025

70%



**\$300 SENDS A GIRL TO SCHOOL  
FOR ONE YEAR**

**\$500 PROVIDES A WOMEN  
JOB TRAINING TO ACHIEVE  
ECONOMIC INDEPENDENCE**



## LONG TERM SOLUTIONS TO ADDRESS ROOT CAUSES AND SYSTEMIC INJUSTICE

Shelter, education, job training, and a supportive community are critical components in creating long-lasting solutions for survivors. A safe and stable shelter provides girls the immediate security they need to begin their healing journey. Education and job training empower them with the skills and knowledge necessary to rebuild their lives, offering a path to financial independence and self-sufficiency.

Equally important is the support of a nurturing community, which fosters a sense of belonging, reduces isolation, and offers emotional and psychological support. Together, these elements not only help survivors recover from their trauma but also equip them with the tools and confidence needed to reclaim their futures and break the cycles of exploitation and abuse permanently.

### WAYS TO GET INVOLVED WITH SEVA



The Yoga Medicine® Seva Foundation  
c/o Her Future Coalition  
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