

20
22

Annual Report

Small World Yoga



SMALL WORLD YOGA
Connecting People. Creating Community.

Profile



OUR MISSION & VISION

The mission of Small World Yoga is to connect people and create community by increasing access to yoga.

We believe in the power of yoga to transform individuals through healing and connection. We envision a world in which everyone has access to these benefits. By empowering people, we strengthen communities, and ultimately make a big world feel small.

OUR VALUES

- **Inclusion:** We believe yoga is for every body.
- **Sustainability:** We value long-lasting relationships with our students, partners, and the communities we serve.
- **Connection:** In all that we do and with all who we meet, we strive for authentic and meaningful connection.
- **Growth:** Ultimately, our goal is to empower those we serve to grow and live more fulfilling lives through yoga.

“Yoga does not transform the way we see things, it transforms the person who sees.”

—B.K.S. Iyengar

Leadership Team



LIZ VEYHL **FOUNDER AND EXECUTIVE DIRECTOR**

Liz found yoga as a burnt-out college athlete and immediately fell in love with its physical and mental benefits. Liz founded Small World Yoga in 2014 with the vision to grow in outreach locations across Middle Tennessee. A year later she co-founded Baptiste Power Yoga Nashville, which is now the official teacher training school of SWY, and has made a sustainable model of bringing yoga to the community by training more than 100 new teachers.



ABBIE RICE **COMMUNITY STUDIO MANAGER**

Abbie started practicing yoga in 2008. She found Small World Yoga while looking for an outdoor yoga class on a gorgeous fall day and immediately felt connected to the people and mission of SWY. She completed her teaching certification in 2020 and started teaching outreach for SWY. In November 2022 she joined the leadership team as Studio Manager. Her favorite part of the position is supporting the needs and growth of our studio teachers.



MIKKA PARRISH **OUTREACH MANAGER**

Mikka has always had a heart for community and movement. She started teaching outreach with SWY in 2020 and currently manages the organization's relationships with community partners, the SWY teaching team, and teaches outreach as well as at our studio.

Leadership Team



JEANNIE WAGNER **OUTREACH MANAGER**

Jeannie completed her 200-hour teacher training at Shakti Power Yoga in April 2023. She is a registered yoga teacher with Yoga Alliance. Yoga has brought her personal transformation, both on and off the mat. She hopes to be a clear channel in her teaching, so that others can experience all the benefits of the practice within themselves.



KATIE MANDLEHR **OUTREACH MANAGER**

Katie is certified in power vinyasa, a licensed occupational therapist, a meditation and breath work advocate. She began teaching in outreach for SWY in 2020 and joined the outreach team in early 2023. She helps manages the organization's relationships with community partners, the SWY teaching team, and teaches outreach as well as at our studio.



JESSIE GENET **DEVELOPMENT COORDINATOR**

Jessie found yoga ten years ago and has dedicated more and more time to it ever since. She began teaching in 2018 and joined SWY in 2021 after a career in supply chain. Her role in development financially supports SWY through grant writing, fundraising, event planning, and communications. Jessie is also a teacher in the studio and in the community.

Leadership Team



SARAH BEGUIRISTAIN **BUSINESS & FINANCE MANAGER**

Sarah's yoga journey began in 2017. Exhausted from the constant hustle of NYC life and long days working in finance, she went to a Vinyasa class a few blocks from her home. She completed her 200 hour certification in 2019. After moving to Nashville, she began teaching outreach for SWY and she now supports the studio and organization in a business and finance role.



SARAH ELLIS **MARKETING COORDINATOR**

Sarah joined SWY in 2021 as our social media manager, bringing her writing and designing skills to our community. She has been teaching with SWY for five years, both in the studio and out in the community, working with all ages, from kindergartners to 90-year-old seniors.



MEGHAN MIDGETT **TEACHER DEVELOPMENT COORDINATOR**

Meghan finds yoga to be supportive, grounding, and ultimately transformative. She chose to work with Small World Yoga because she's committed to sharing the practice with any and every body, especially in her hometown of Nashville. She started teaching in the Small World community studio in 2018, facilitating programs in 2020, and her current role in 2021.

Board of Directors

PRESIDENT

Regine Webster

TREASURER

Mike Winter

BOARD MEMBERS

Janet Caldwell

Weston Cowden

Reggie Ford

Tim Netsch

Steve Ryan

Teresa Standard

Mitch Walker



100% of our board gives financially to our organization.

2022 Highlights

- Funding received through foundational grants increased by **31%** from 2021. The number of foundations that supported SWY grew by **50%**.
- We provided **4,180+** outreach classes to the community, serving approximately **3,000** people every month.
- We opened the doors to our **new community studio**, allowing us to make studio hot yoga accessible to more people in our community.
- Through our TEJAS committee (diversity, equity & inclusion), we were able to offer scholarships for teacher training to **5** individuals. This is a market value of **\$13,000**.



2022 Impact

90+
**Active
Volunteer
Instructors**



3,000
**Participants
Monthly**

60+
**Community
Partner
Locations**



2022 Teacher Training



NASHVILLE WINTER 200-HOUR

Ashley Hathaway
Rachel Heatherly
Jennifer Kasey
Thao Le
Elle Sanders
Teresa Standard
Hayden Tumlin
Camille Walkup
Morgan Williams

NASHVILLE SUMMER 200-HOUR

Tim Cooper
Sibyl M. Janssen
Dalaina Kimbro
Ambriel Kinney
Dajahnae Skelly
Shelby Smith
Rachel Summers
Natalia Thompson-Pacheco

OXFORD, MS 200-HOUR

Cole Barnhill
Cori Benefiel
Eric Jeffries
Jennifer John
Avé Mayeux
Kinley Miller
Madeline Scales
Caysie Werner

Congratulations, graduates!



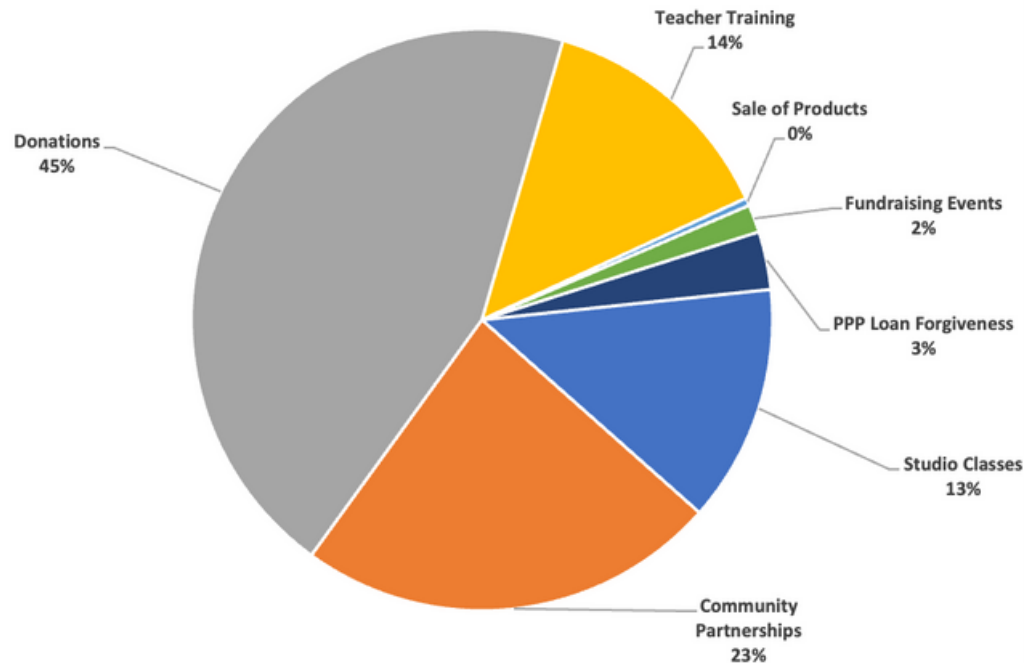
2022 Financials

2022 P&L

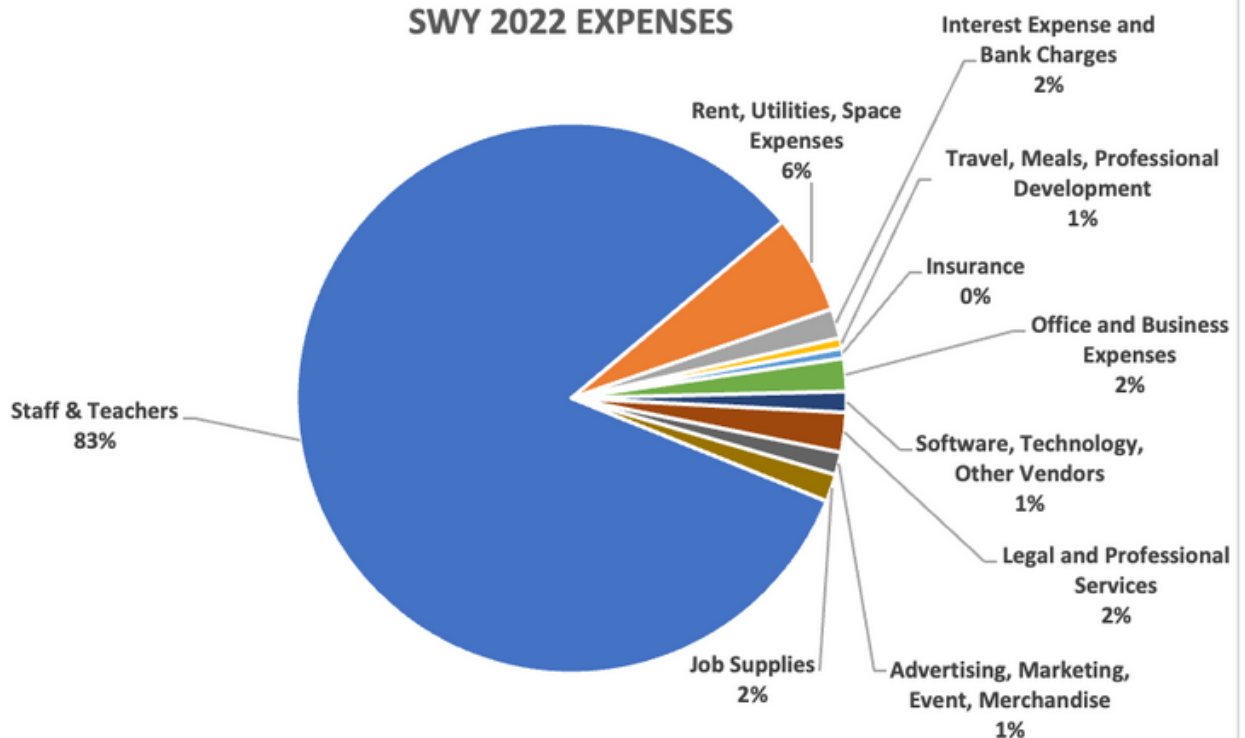
Total Income: \$417,262
Total Expenses: \$423,827

Net Income: (\$6,565)

SWY 2022 REVENUE



SWY 2022 EXPENSES



2022 Donors

\$10,000 AND ABOVE:

Weston and Kelly Cowden
Arlene and John McLaren
Jamison and Heather Monroe
Janet and Brad Sauer

\$1,000 TO \$9,999:

Mary Morgan Bryan
Mark and Sherry Deutschmann
Brian and Margaret Drolet
Teresa Standard and Bobby Frank
Regine Webster and Todd Fryling
Julia Lin
Kem Ellis and Mark Livingston
Lucy Madura
Dorothy Morelli
The Rich Foundation
Steve Ryan
Scott Standard
Rick and Laurie Ann Stetzer
Leah Unger
Mitch Walker
Mike Winter

\$100 TO \$999:

Rosalyn Anderson
Allison Anoll
Charles Robert Bone
Natalie Campo
Tracy Campbell

Suzanne Cater
Birgit Cornelius
Rachel Crick
Alex Fisher
Reggie and Katie Ford
Miranda Fuller
Jessie and Jack Genet
Jennifer Ghanem
Lawrence Gray
Cat Hathaway
Taylor Hollis
Sibyl Janssen
Carly Klownowski
Michael Marchetti
Ruth Marshall
Daniel McGugin
Crystal Minton
Chevi Olbes
Missy and Bob Porter
Marla Richardson
Christopher Rose
Bill Stevens
Carol Stewart
Lihua Sung
Felicia Woods
John Veyhl
Liz and Jake Veyhl
Kenan White
Trey Yant
Callie Zimmerman

2022 Sponsorships

Thank you to our sponsors for
International Day of Yoga 2022!

WARRIOR SPONSOR

Tractor Supply Co

HERO SPONSOR

Gatorade

LOTUS SPONSORS

OneDigital

Avo

Concept Marketing LLC (Oxford, MS)



Testimonials

"A couple ladies from our community work in their chairs all day, and they told me that being able to come to yoga and do some of the hip openers has really improved their quality of life. They get out of their house at the end of the work day and they don't have to go so terribly far . . . it gives them socialization."

—Jane Herring, Emmanuel
Presbyterian Church

"A woman asked me [at Rolling Hills Hospital] if she could sit in the back and either just watch or move in the chair. I said sure and told her I could make chair suggestions for many of our standing poses. She moved much more than I expected and even did a sitting savasana. After class a couple of patients were huddled around her and I noticed she was crying. The patients told me to come over. The woman thanked me for including her and said the movement felt so good. She said that she went to sleep at the end during the relaxation exercise and that she hadn't been able to sleep that easily in years. A few tears ran down my face."

—David Swink, SWY teacher



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