

**20  
23**

# **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 is a dance of dealing with what is, and allowing yourself to fully experience whatever you’re experiencing right here, in the moment.”

—Baron Baptiste

# 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 manage 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

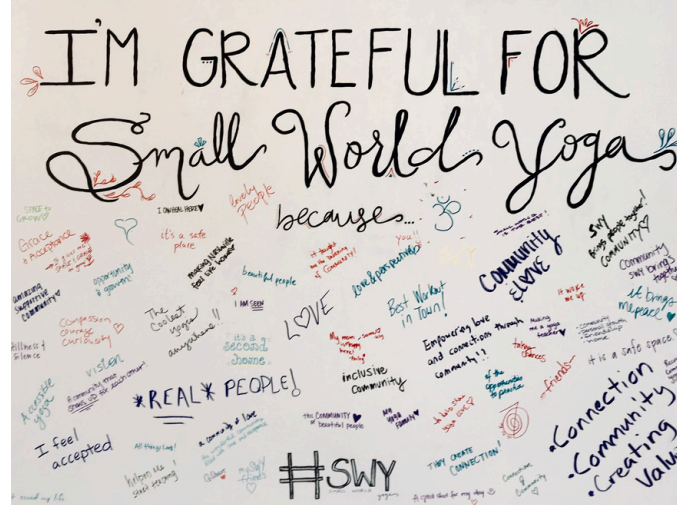
Weston Cowden

Reggie Ford

Tim Netsch

Steve Ryan

Mitch Walker



*100% of our board gives financially to our organization.*

# 2023 Highlights

- We provided **3,500+** outreach classes to the community, serving approximately **3,200** people every month.
- Total income grew **19%** from 2022.
- We celebrated our first full year in our **new community studio**, allowing us to make studio hot yoga accessible to more people in our community. Studio income grew **63%** from 2022.
- Through our DEIA initiative, we were able to offer scholarships for teacher training to **3** individuals. This is a market value of **\$7,425**.



# 2023 Impact

**100+**  
**Active  
Volunteer  
Instructors**



**3,200**  
**Participants  
Monthly**

**80**  
**Community  
Partner  
Locations**





# 2023 Teacher Training



## NASHVILLE WINTER 200-HOUR

Adam Barnes  
Chelsea Bass  
Jordan Coonce  
Lauren Dawkins  
Allison Hardy  
Anita Hoerman  
Lisa Hoy  
Gabrielle Meyers  
Abbie Rice  
Becky Sharpe  
Jessica Wynn

## NASHVILLE SUMMER 200-HOUR

Christy Bollinger  
Scott Gooden  
Niccole Horton  
Kelly Liken  
Ashton Maguire  
Gabriel Marrero  
Alyson Robbins  
Allison Smardon  
Montie Ann Swafford  
Emily Worrick

## NASHVILLE 300-HOUR

Alex Fisher  
Meghan Henry  
Katie Mandlehr  
Cody Mitchell  
Mikka Parrish  
Abbie Rice  
Kirsten Simpson  
Morgan Williams  
Alex Guidi Zupancic

***Congratulations, graduates!***



# 2023 Financials

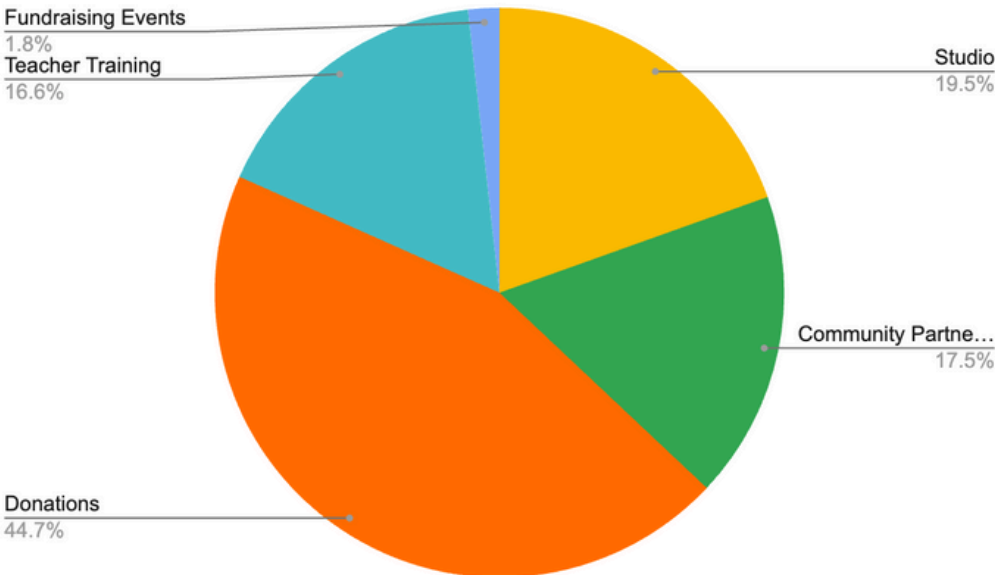
## 2023 Profits & Losses

Total Income: \$497,701

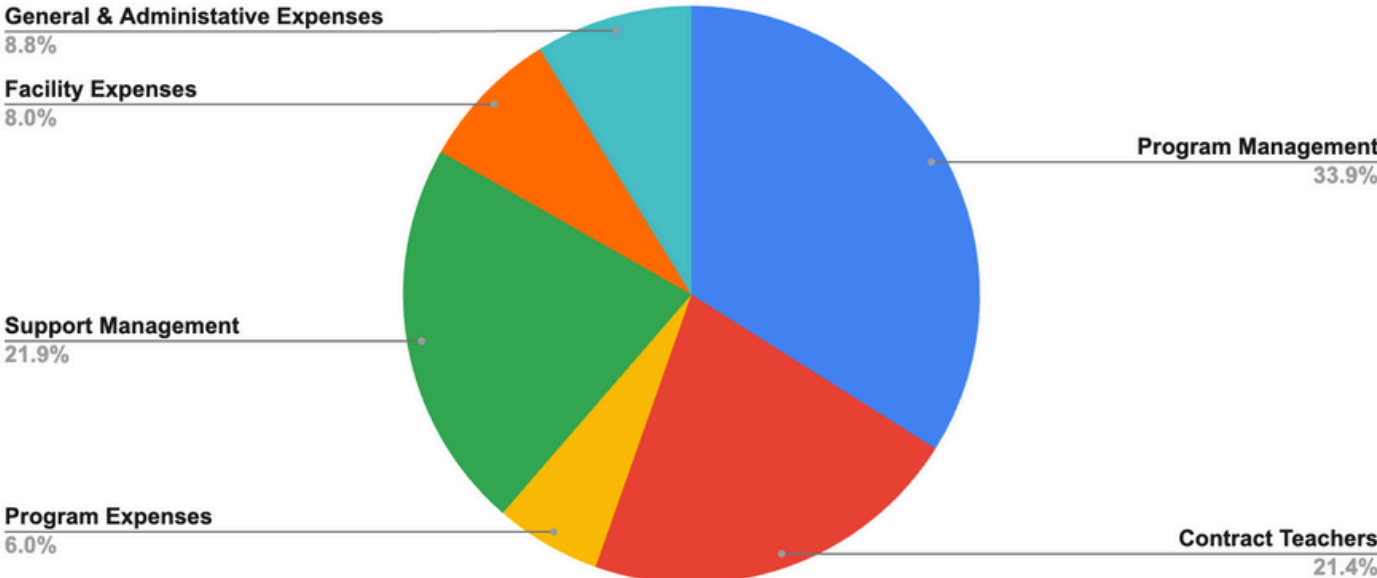
Total Expenses: \$513,016

Net Income: (\$15,315)

### SWY 2023 Revenue



### SWY 2023 Expenses



# 2023 Donors

## **\$10,000 AND ABOVE:**

Weston and Kelly Cowden  
James Dyke  
Jonathan Dyke  
Merritt Dyke  
Paul and Rhonda Gierow  
Arlene and John McLaren  
Janet and Brad Sauer

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

Mary Morgan Bryan  
Mark and Sherry Deutschmann  
Teresa Standard and Bobby Frank  
Regine Webster and Todd Fryling  
Kem Ellis and Mark Livingston  
The Rich Foundation  
Steve Ryan  
Rick and Laurie Ann Stetzer  
Mitch Walker  
Mike Winter

## **\$100 TO \$999:**

Danni Burkard  
Janet Caldwell  
Scott Campbell  
Tracy Campbell  
Rachel Crick  
Todd Dabbs  
Alex Fisher  
Reggie and Katie Ford  
Jessie and Jack Genet  
Jonathan Hiskey  
Caitlin Hubbard  
Sibyl Janssen  
Carly Cooper  
Julia Lin  
Lucy Madura  
Nikki Manscill  
Michael Marchetti  
Ruth Marshall  
Tara McGuire  
Crystal Minton  
Dorothy Morelli  
Missy and Bob Porter  
Saundra Robinson  
John Veyhl  
Callie Zimmerman

# 2023 Sponsorships

Thank you to our sponsors for International Day of Yoga 2023!



## HERO SPONSORS

Gatorade

HCA Healthcare/TriStar Health

## LOTUS SPONSOR

OneDigital



# Testimonials

"We value Braden, our Small World instructor, and his ability to connect with the children, engage them, and speak their language. This is a moment in the week that most children in our care look forward to with enthusiasm. Braden does a great job making his instructions child-friendly, interesting, and entertaining as he uses silly animals and visualizations to encourage participation.

"The reward is internal positive feelings, as evidenced by their smiles and enjoyment. They relax with deep breathing and stretching, so that even the wiggle worms tend to end the session calm and relaxed. I also believe yoga builds on their personal sense of value. This is so important for the children in our program."

— Andrea Tormaschy,  
Bethany Christian Services

"We're exposing kids to what yoga is, and what it's not. There are a lot of misconceptions around yoga, like the idea that you're just sitting in meditation or standing in tree pose the whole time. One kid during their first time was like, 'I didn't know yoga was hard!'

"Key to this partnership has been the ability to showcase that yoga is for every body, regardless of race, gender, body type, or experience level, especially at a school as diverse as James Lawson, where the study body is 30% Black, 30% Hispanic, and 30% White. We're breaking the stereotype that yoga is for young white women. Our SWY instructors over the years have been men, they've been people of color, and I think it's been great to have yoga instructors who look like our students."

— Shelby Crandall,  
James Lawson High School



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