

**20  
24**

# **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.

*Small Word Yoga believes it is our diverse mix of voices that create compassionate, connected, and inspired communities. We strive to create a culture that allows everyone to fully and authentically be themselves, regardless of race, age, gender, sexual orientation, religion, or physical and mental ability. Our organization is committed to difficult conversations that push boundaries and the growth of a connected community built on inclusivity practices.*

# 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.



## **LOU ALICE** **COMMUNITY STUDIO MANAGER**

Lou Alice received her yoga teacher certification in 2024 with Small World Yoga and began teaching with SWY directly after. What Lou Alice enjoys most about teaching yoga is encouraging others in a yoga practice of functional movement, staying present with body and breath, and individual expression that points to what is possible on and off the mat. Outside of yoga, Lou Alice enjoys gardening, running, and being with the people and animals she loves.



## **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



## **ASHLEY HALEY** **OUTREACH MANAGER**

Ashley loves practicing yoga to united the mind with the body and feel more present. She was certified in 2022 and is looking forward to working more closely with the SWY community.



## **MEGHAN MIDGETT** **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.



## **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 since 2018, both in the studio and out in the community, working with all ages, from kindergartners to 90-year-old seniors.

# Board of Directors

## BOARD CHAIR

Regine Webster

## TREASURER

Mike Winter

## BOARD MEMBERS

Nielah Burnett

Weston Cowden

Reggie Ford

Cody Mitchell

Anna Myint

Tim Netsch

Steve Ryan

Dennis Skarvan

Mitch Walker

Deanna Wantz



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

# 2024 Highlights

- We provided **3,600+** outreach classes to the community, serving approximately **3,300** people every month.
- Total income grew **39%** from 2023.
- Community Studio revenue is up **17%** over last year, and we welcomed over **1,300** new yogis into the space.
- Through our DEIA initiatives, we awarded teacher training funding for **9** individuals, totaling a market value of **\$13,875**.



# 2024 Impact

**120+**  
Active  
Volunteer  
Instructors



**3,300**  
Participants  
Monthly

**80**  
Community  
Partner  
Locations



# 2024 Teacher Training



## NASHVILLE WINTER 200-HOUR

Shay Johnson  
Abigail Lorenzo  
Pilar Howard  
Maygen Lee  
Jordan McBride  
Julia Hudson  
Kathy Stankevich  
Jenny Patterson  
Jessica Burns  
Lou Alice Rogers  
Quoya Flack

## NASHVILLE SUMMER 200-HOUR

Melissa Carr  
Lyndsey Steen  
Zach Gilbert  
Rachael Edge  
Stacey Wilson  
Jamie Woodruff  
Monique Parrish  
Jaimie Flores  
Nya Kincade  
Erin Nerren

***Congratulations, graduates!***





# 2024 Financials

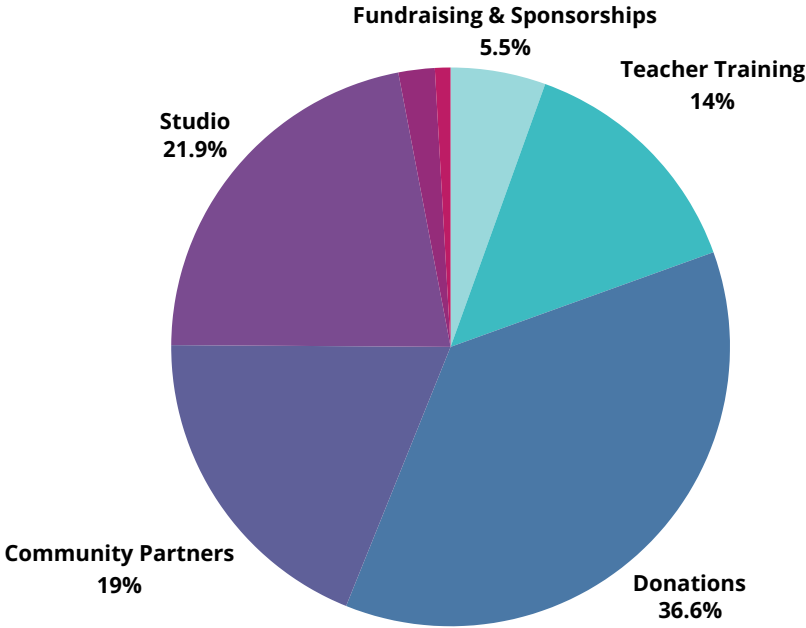
## 2024 Profits & Losses

Total Income: \$487,552

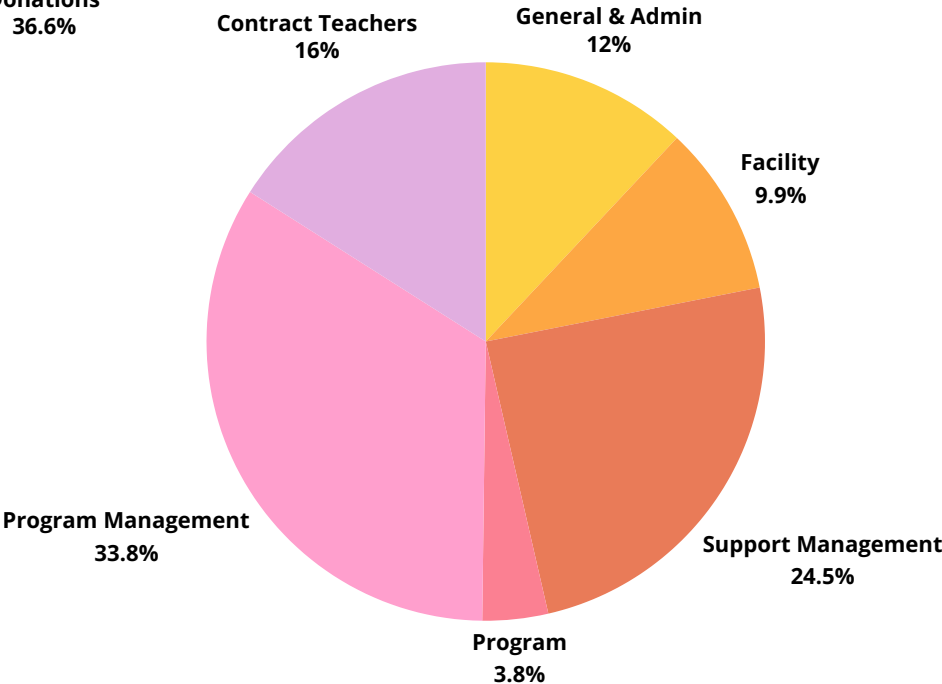
Total Expenses: \$462,690

Net Income: (\$24,862)

## SWY 2024 Revenue



## SWY 2024 Expenses



# 2024 Donors

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

Dettwiller Foundation  
Boedecker Foundation  
John and Arlene McLaren  
Janet and Brad Sauer  
Jonathan Dyke  
Paul and Rhonda Gierow  
Weston and Kelly Cowden

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

Mitch Walker  
Rick and Laurie Stetzer  
Mary Morgan Bryan  
Regine Webster  
Teresa Standard  
Dorothy Morelli  
Mike Winter  
Peter Gallagher  
Kellie Davie  
Jacqueline Cowden  
Brian Drolet  
Earl and Julianne Fitz  
Dennis Skarvan  
Alex Fisher  
Steve Ryan  
Kem Ellis and Mark Livingston  
Center for Nonprofit Management  
The Carolyn Smith Foundation  
HCA Healthcare Foundation  
TUA Louie and Betty Phillips Foundation  
Charities Aid Foundation America

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

Robert Porter	Nicole Manscill
Jennifer Sublet	Ruth Marshall
Deanna Wantz	Noel Hwang
Chris Guenther	Joel Houser
Sophie Barton	Christine Singleton
Elicia Larribas	Kathleen Powers
Suzanne Cater	Jessie Phillips
Crystal Minton	Stephanie Mitchell
Anna Myint	Kristen Heggie
Ally Hicks	Tara Tenorio
Christy Smith	Tarah Kuhn
Susan Hollyday	Laura Denison
Jill Damer	Susan Patnaik
Caitlin Kavoosifar	Tina Sevier
Janice Nichols	Phil Denton
Brian Homra	Ashley Schwartau
Carolyn Thompson	Jordan Hale
Kimberlee Maphis Early	Caitlin Young
Tracey George	Vikki Vaughan
Marian Tidwell	Reggie and Katie Ford
Margaret Sutton	Rachel Crick
Jamie Block	Carly Cooper
James Crowe Jr	Tracy Campbell
Tina Garcia	Lucy Madura
Lisa Maki	Julia Lin
Ed Cooper	Women in Healthcare,
Rosalyn Anderson	Nashville Chapter
Joshua Shields	Gammons Market
Beatie and Tim O'Connell	

# 2024 Sponsorships

Thank you to our sponsors for  
International Day of Yoga 2024!

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## WARRIOR SPONSORS

SMACK

## HERO SPONSORS

The Village Fund  
Hot Yoga East Nashville / Lolu  
HCA Healthcare/TriStar Health  
Gatorade

## LOTUS SPONSORS

Deloitte  
Gleaton Group  
OneDigital  
Studio Bank



# Testimonials

"I want to equip every single community member with basic knowledge of wellness. That's why the library is the perfect space, because it's not a clinical setting; it's just a place where you get information. We offer resources for free in a reliable, accredited space where people feel safe. These classes are for everyone. We see a really diverse demographic of students attending these classes, across experience levels, education levels, employment status, income, housing. Small World's yoga classes are some of our most popular programming. We're not a replacement for healthcare, but if someone has anxiety about their arthritis for example, rather than sitting at home anxious about it, they can come to the library and learn about it and also alleviate pain with yoga. People who come to the library, they're not coming to be proficient at something. They're coming to learn, to try something new, all in a neutral, safe space. There's less pressure at the library versus at a yoga studio. We relieve a lot of anxiety. I have students reporting they feel chilled out, calmed down, de-stressed, saying these library yoga classes are a huge part of their lives."

— *Bassam Habib, Be Well at NPL Program Manager*

"We frankly cannot think of a partner that we are more happy to work with and more proud of the impact that we're having collectively. We knew for a lot of our members, yoga would not be familiar to them because of expensive studio prices and just general anxiety about not knowing exactly what to expect, but we leveraged the good reputation of Small World Yoga and started having people show up at the farmhouse for yoga on Saturdays. And so in some ways, partnering with Small World is responsible for all the impact that we're having today, because no matter what activities we offer here these days, whether it's movies or hikes, it started with people coming and doing yoga. It also has become kind of a model for partnership for us. We love that the SWY mission allows for us to hold true our intentions for creating real access. We eliminate the cost for the class, and we also provide props, refreshments, sunscreen, and bug spray, hopefully removing any and all barriers to participation. Mikka, [SWY's] outreach manager, found Small World Yoga through her practice at Mill Ridge Park. We love when she's here teaching, and she has been a real contributor to our work in a whole variety of ways, not just on the mat. We are proud to call Mikka one of our own."

— *Darrell Hawks, Executive Director for Friends of Mill Ridge Park*



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