

ANNUAL IMPACT



REPORT



MISSION:

Move Through Yoga is dedicated to expanding access to the benefits of adaptive yoga for individuals with intellectual, developmental, and physical disabilities. We achieve this by providing high-quality training programs for professionals, caregivers, and community members who support them—ensuring that yoga is accessible to all.

VISION:

We envision a world where individuals with intellectual, developmental, and physical disabilities experience the full benefits of yoga—enhancing their well-being, confidence, and connection to community. Through education, advocacy, and community partnerships, we aim to break barriers and make adaptive yoga a standard practice in wellness and rehabilitation programs worldwide.

THIS YEAR, MOVE THROUGH YOGA FOCUSED ON:

- ✔ Empowering individuals with disabilities through adaptive yoga programs.
- ✔ Supporting educators & caregivers with training in co-regulation strategies and adaptive, inclusive movements that can be tailored to their unique settings.
- ✔ Collaborating with organizations to expand access to wellness programs. Leading workshops & events that promote inclusivity and accessibility.

KEY CHALLENGES:

- ✔ Recognized the difficulties individuals with disabilities face accessing affordable wellness resources.
- ✔ Limited funding impacted the ability to create consistent programming in schools and day programs.
- ✔ Limited unrestricted funding is available to cover overhead costs.



COMMUNITY IMPACT

2024 was a success for Move Through Yoga, as we successfully rolled out our first annual Yoga Wave event and planted the seeds for some incredible strategic partnerships in 2025.

Key Achievements	Impact
The Yoga Wave	<ul style="list-style-type: none"> Over 400 students with and without disabilities came together to move through yoga and to interact with like-minded organizations in a collaborative resource fair.
Training	<ul style="list-style-type: none"> Led 7 staff members from Ability Specialists and 6 of their clients with intellectual and developmental disabilities through our comprehensive adaptive yoga training.
Workshops	<ul style="list-style-type: none"> Teamed up with Feel the Beat to provide a “Rhythmic breathing” workshop for 6 of their clients who are deaf or hard of hearing.
Speaking Engagements	<ul style="list-style-type: none"> Spoke at Vanderbilt University in the Spring to share the impact of co-regulation strategies in the classroom with future educators from the Peabody School of Education.
Large community events	<ul style="list-style-type: none"> Taught at 5 community adaptive events at no charge. Junior Wheelchair Camp - 50 youth (11-15) with spinal cord conditions’ The Hartford Ski Spectacular in Breckenridge to 30 individuals with and without spinal cord conditions and other concurrent disabilities; Elementary school to students who were receiving supports for early interventions in the Vanderbilt area; and at Denver Public Schools Adapted Field Day.



We have a lot of students who struggle with anxiety, so this is a great tool for them to use. [Move Through Yoga] made my students feel included and welcomed.

Madeline Hauser, Special Education Teacher, Alameda Sr. HS



THE YEAR IN REVIEW



Winter Highlight

- **Winter Workshop Collaboration:** Move Through Yoga partnered with Feel the Beat to support clients who are deaf or hard of hearing.
- **Mindful Breathing Techniques:** Participants explored ways to see and feel their breath, adapting to challenges in hearing breath.
- **Inclusive Approach:** An ASL interpreter provided continuous language access for full engagement.
- **Diverse Needs Addressed:** Several participants had additional developmental, intellectual, and physical disabilities.
- **Commitment to Accessibility:** The workshop reinforced our mission to foster inclusion in all aspects of our work.



Spring Highlight

- **Spring Seminar Series:** Move Through Yoga partnered with Buddha Belly Kids Yoga for sessions at Vanderbilt's Peabody School of Education.
- **Mind-Body Breaks:** Emphasized strategies to enhance mental acuity, stamina, and classroom engagement.
- **Teacher Training:** Pre-service educators learned mindfulness techniques for student engagement.
- **Adaptive Yoga Workshop:** Co-led a session on modifying poses to support diverse student needs.
- **Fostering Inclusivity:** Highlighted the importance of integrating adaptive techniques into mainstream education.



Summer Highlight

- **Summer Training Program:** Move Through Yoga trained Ability Specialists staff in mindful, adaptive movement and co-regulation strategies.
- **Designed for All Professionals:** Provided practical tools for those without a yoga background.
- **Tailored for Adult Clients:** Focused on creating safe, effective sequences for individuals with disabilities.
- **Positive Outcomes:** Staff reported increased confidence in managing dysregulation and personal benefits from the techniques.
- **Empowering Communities:** Reinforced our mission to equip professionals with skills that foster well-being and resilience.



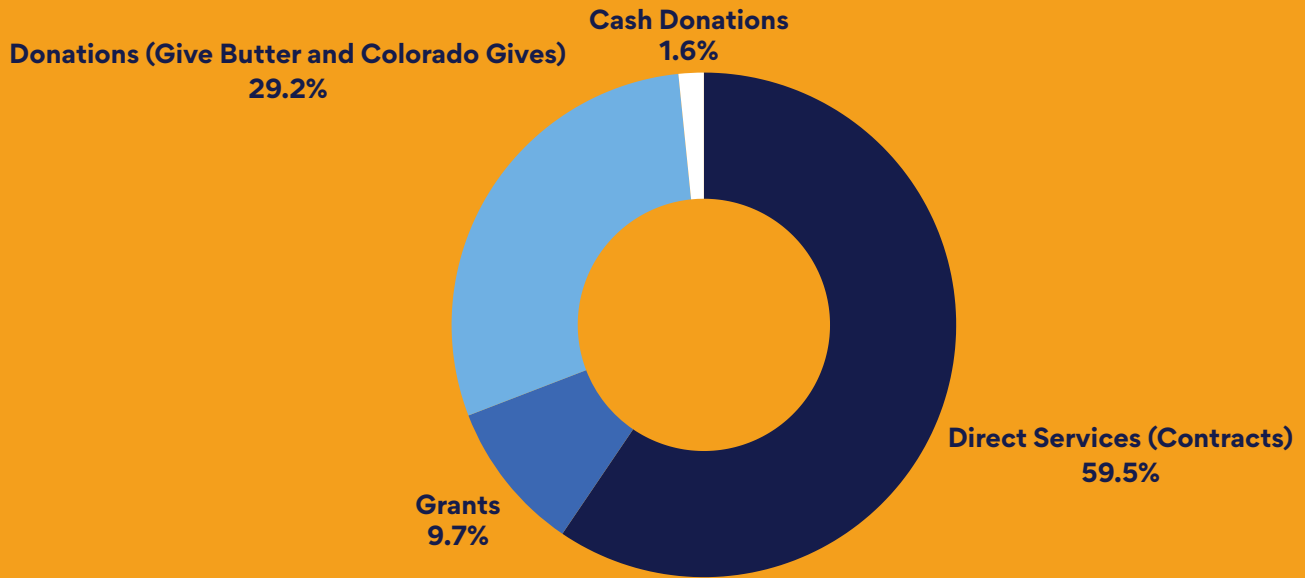
Autumn Highlight

- **Autumn Event:** Move Through Yoga hosted the Yoga Wave, uniting 400+ individuals with and without disabilities.
- **Inclusive Yoga Session:** Provided a shared movement experience for all participants.
- **Collaborative Resource Fair:** Featured organizations dedicated to accessibility and empowerment.
- **Fostering Connection:** Created a space for learning, community, and shared experiences.
- **Inspiring Impact:** Volunteers and participants were moved by the event's sense of inclusivity and transformation.



FINANCIALS

Revenue



Donations

Bank of Colorado
Give Butter
Colorado Gives Day
And so many private donations from community supporters!

Grants

\$24,045.00 - HRCP (Some was paid in 2023)
\$15,000 - Colorado Gives Foundation (Some was paid in 2023)

Total Expenses

\$ 68,058.56



LOOKING AHEAD - 2025

Traveling Gnomes

- Move Through Yoga is excited to announce a potential partnership with The Traveling Gnomes, focusing on inclusive travel for individuals with neurodiversities and disabilities.
- Plan to implement an adaptive wellness retreat in Hawaii in 2026, combining adaptive yoga expertise with accessible travel.
- Collaboration on smaller statewide programs during 2025 journeys, integrating mindful movement and co-regulation strategies for enhanced well-being.
- We share a vision of fostering inclusivity and empowerment through wellness and travel.



Friends of Broomfield

- Initiated weekly adaptive yoga classes with FRIENDS of Broomfield, a nonprofit supporting individuals with intellectual and developmental disabilities.
- Contract includes 10 classes running through March 2025, with potential for program extension.
- Positive feedback reflects a shared commitment to inclusivity and community well-being.



Yoga Wave 2025

- Planning Yoga Wave 2025, a collaboration with Denver Public Schools to unite students with and without disabilities for a day of movement and empowerment.
- Actively seeking corporate sponsors to support the event's accessibility and impact.
- Sponsorships will help create a meaningful experience and foster a more inclusive community through yoga.



WE'D LIKE TO THANK ALL OUR DONORS FOR THEIR GENEROUS SUPPORT

Colorado Gives Foundation - JEFFCO

Bank of Colorado

Division of Disability Rights, HRCP

PASCO

