



**Yoga 4  
Change**



# CORPORATE PARTNERSHIP

**2025-26**

# Mission & Vision

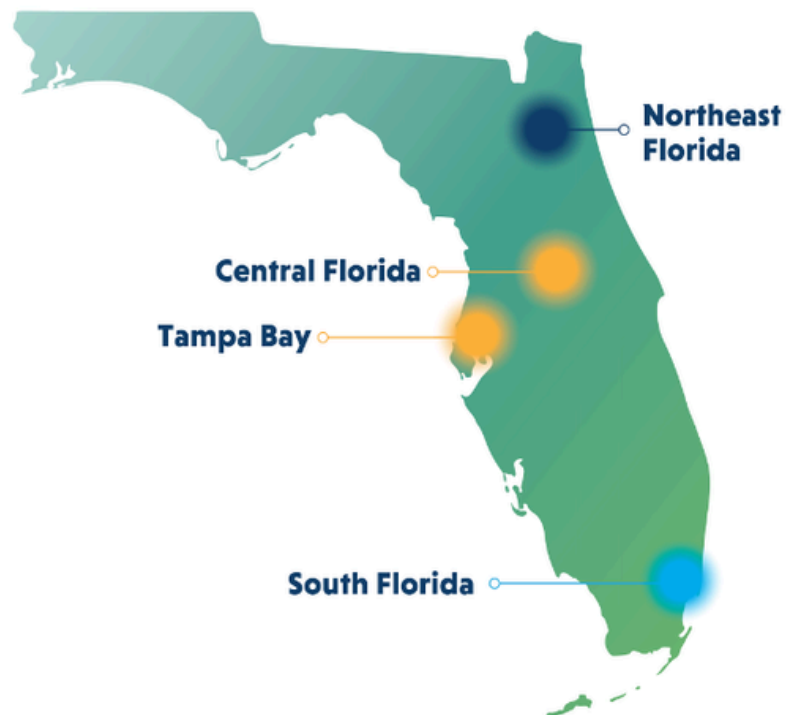


## Our Mission

Yoga 4 Change fosters holistic wellbeing, resilience, and transformation for individuals and communities through evidence-based, trauma-informed yoga and mindfulness curricula.

## Our Vision

We envision a world where people impacted by trauma feel supported, connected, and empowered to live a healthy and joyful life.



## What We Offer

### Structure

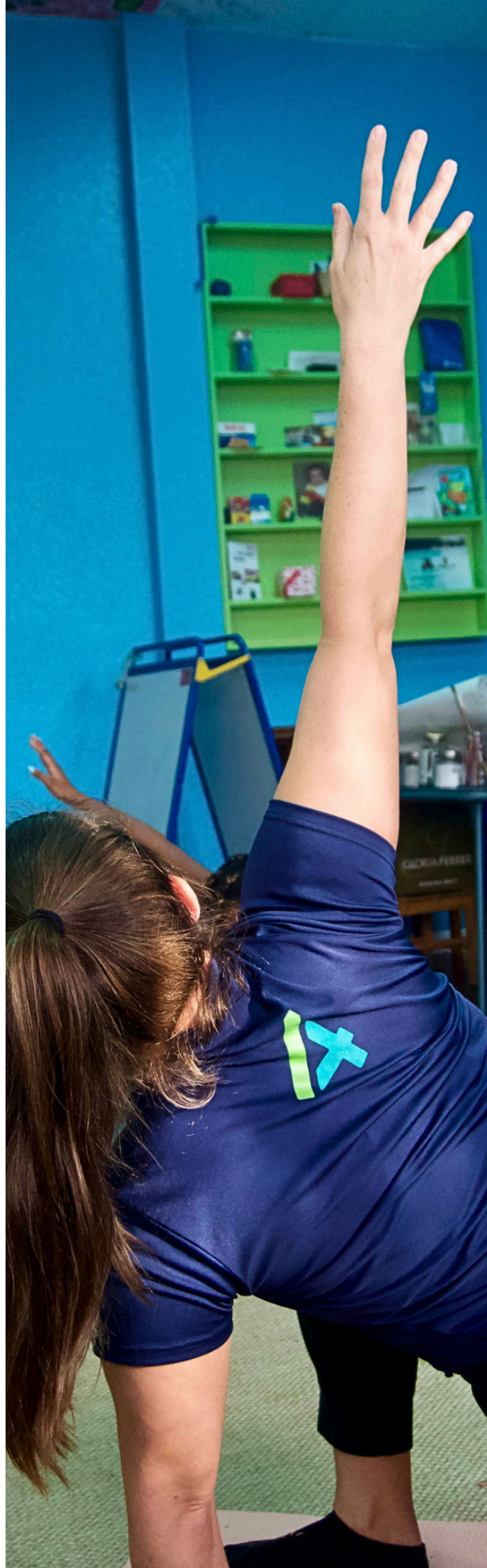
Yoga 4 Change delivers a proven, trauma-informed curriculum that integrates **movement, mindfulness, and thematic teachings** tailored to the physical and emotional needs of the populations we serve including **youth, veterans and first responders, individuals impacted by the justice system, those experiencing mental health challenges/recovery, and more.** Our instructors go directly into schools, shelters, nonprofit programs, community and treatment centers, and justice-involved facilities, offering yoga and mindfulness as accessible tools for **healing and self-empowerment.**

### Empowerment

Our instructors are trained to **assess and adapt in real time**, ensuring each class meets the unique needs of its participants. This flexible, student-centered approach strengthens connection and supports the diverse voices in every room. We believe **empowered instructors create empowered students**, leading to transformation that lasts beyond the mat.

### Results

Since 2014, Yoga 4 Change has brought this work into more than **100 facilities across sixteen Florida counties.** Participants report reduced stress, increased emotional regulation, and stronger confidence as they learn to calm the mind, steady the body, and use breath as a tool. Each class includes a **reflective writing component, inviting students to process, express, and share their story in a safe environment.** We are driven by the measurable changes we witness — one breath, one class, one life at a time.



# Corporate Partnership Packages

## Become a Catalyst of Change

Through corporate partnership, your organization can invest in **employee wellbeing** and **community resilience** while supporting trauma-informed yoga and mindfulness programs across Florida. Each partnership tier offers **meaningful engagement, measurable impact, and flexible opportunities** aligned with your values and capacity.

<b>\$50,000</b> <b>Catalyst of Change Sponsor:</b>	<b>\$30,000</b> <b>Empowerment Partner:</b>	<b>\$15,000</b> <b>Resilience Builder:</b>	<b>\$10,000</b> <b>Mindful Movement Supporter:</b>
<ul style="list-style-type: none"> <li>• Two years of weekly yoga classes (virtual or in-person)</li> <li>• Two (2) Yoga Teacher Training Scholarships</li> <li>• Four (4) 1-hour Employee Wellness Offerings</li> <li>• Logo on Y4C Website</li> <li>• Dedicated social media post quarterly</li> </ul>	<ul style="list-style-type: none"> <li>• One year of weekly yoga classes (virtual or in-person)</li> <li>• Four (4) 20Hr Trauma-Informed Yoga Scholarships</li> <li>• Two (2) 1-hour Employee Wellness Offerings</li> <li>• Logo on Y4C Website</li> <li>• Dedicated social media post bi-annually</li> </ul>	<ul style="list-style-type: none"> <li>• One year of weekly yoga classes (virtual or in-person)</li> <li>• Logo on the Y4C Website</li> <li>• Dedicated social media post</li> </ul>	<ul style="list-style-type: none"> <li>• Six months of weekly yoga classes (virtual or in-person) with a community partner</li> <li>• Logo on the Y4C Website</li> <li>• Dedicated social media post</li> </ul>

New to corporate partnership or working with a smaller budget? Yoga 4 Change offers **right-sized entry points** through employee giving and workplace wellness, with opportunities to grow into a **Mindful Movement Supporter** over time.

# Grow Your Giving: Employee Giving

## Small Choices, Big Changes

Employee giving connects wellbeing, purpose, and community impact in an accessible way for staff. These programs **boost engagement and retention** while offering a **scalable, tax-efficient** approach to corporate giving.

We offer two employee options and are happy to explore custom packages with our partners.

<p style="text-align: center;"><b>Mindful Giver</b>  <b>\$120/yr Membership</b>                      \$10/mo or \$5/bi-mo</p>	<p style="text-align: center;"><b>Heartfelt Supporter</b>  <b>\$180/yr Membership</b>                      \$15/mo or \$7.50/bi-mo</p>
<p><b>You'll Receive:</b> A monthly wellness practice, quarterly impact updates, and annual Y4C swag.</p> <ul style="list-style-type: none"> <li>• <b>Equivalent to:</b> one latte &amp; muffin, one fast-casual lunch, or one handcrafted mocktail each month.</li> <li>• <b>Your Impact:</b> Provides mats, props, and essentials for children and adults beginning yoga classes.</li> <li>• <b>Pathway:</b> <i>Lotus Level Donor</i> — your giving begins here.</li> </ul>	<p><b>You'll Receive:</b> All the Mindful Giver options, plus recognition as a Class Sponsor.</p> <ul style="list-style-type: none"> <li>• <b>Equivalent to:</b> skipping one takeout meal each month or canceling a forgotten subscription.</li> <li>• <b>Your Impact:</b> Fully funds materials, instruction, and support for another local nonprofit to receive one weekly trauma-informed yoga class.</li> <li>• <b>Pathway:</b> <i>Lotus Level Donor</i> — your giving begins here.</li> </ul>

Yoga 4 Change partners with organizations to seamlessly integrate employee giving through **payroll deduction, matching gifts, or workplace campaigns** that directly support trauma-informed yoga and mindfulness programs across Florida.

# 4 Yoga 4 Change

2025-26

# LET'S CREATE CHANGE TOGETHER!

CONTACT US



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