



habitual roots

2023 IMPACT REPORT



**CREATING INTENTIONAL SPACE FOR
MEANINGFUL CONNECTION, COMMUNITY, AND
WELL-BEING - EXPANDING THE AWARENESS OF
INDIVIDUALS TO MINDFULLY CARE FOR EACH
OTHER AND THEMSELVES.**

OUR MODEL

ACCESSIBLE:

WE PROVIDE SCHOLARSHIPS FOR THOSE SEEKING ACCESS TO MENTAL AND EMOTIONAL WELLNESS SERVICES

FUN:

ALL PROGRAMMING KEEPS FUN AS A FOCAL POINT FOR EVERYONE INVOLVED.

JUDGEMENT-FREE:

FOSTERING AN ENVIRONMENT WHERE INDIVIDUALS FEEL ACCEPTED, UNDERSTOOD, AND RESPECTED



IMPACT IN NUMBERS

Your generous support in 2023 helped provide for the 87 members in our care + the hundreds more benefitting from our services.

2,992

YOGA PARTICIPANTS

250+

YOGA CLASSES



130

MINDFUL HIKE PARTICIPANTS

650+

MILES HIKED



87

BOOK CLUB PARTICIPANTS

250+

BOOKS READ



280

SUPPORT GROUP PARTICIPANTS

65

HOURS OF SUPPORT PROVIDED

92%

OF YOGA ATTENDEES REPORTED A REDUCTION IN STRESS

95%

OF THOSE WHO JOINED US HIKING ENJOYED THEIR OVERALL EXPERIENCE

98%

REPORTED FEELING MORE INCLINED TO GET INVOLVED WITHIN THE COMMUNITY AFTER ATTENDING INTUITIVE BOOK CLUB

95%

REPORTED FEELING LESS LONELY AFTER ATTENDING SUPPORT GROUP

IMPACT IN COMMUNITY

WHAT OUR MEMBERS ARE SAYING :

“AWESOME EXPERIENCE.
FELT A SENSE OF
BELONGING FROM THE
VERY BEGINNING.”

-ANDREA, YOGA PARTICIPANT

“ABSOLUTELY
WONDERFUL. THE ENERGY
WAS AMAZING AND
EVERYONE WAS SO
WARMING & WELCOMING.
IT WAS SUCH AN
AMAZING EXPERIENCE!”

-MORGAN, CACAO CEREMONY PARTICIPANT

“FABULOUSLY OPEN,
INCLUSIVE, AND
FOCUSED ON SLOWING
DOWN TO BE STILL IN
NATURE WHILE ALSO IN
COMMUNITY.”

-SAMANTHA, MINDFUL HIKE PARTICIPANT

“AMAZING! GREAT VIBES
AND COMMUNITY. SO
GRATEFUL TO HAVE
ACCESS TO EVENTS LIKE
THIS!”

-APRIL, CACAO CEREMONY PARTICIPANT

OUR 2023 HIGHLIGHTS

This year was one of many firsts, continued growth, & remarkable highlights. Together, we ventured into new territories, cultivated sustained progress, & witnessed moments of incredible impact.

7ST



INTERCONTINENTAL RETREAT TO ICELAND

12



MEMBERSHIP SCHOLARSHIP PROVIDED

35



LOCAL BUSINESS PARTNERSHIPS CULTIVATED

42%



MEMBERSHIP INCREASED

50%



BOARD MEMBERSHIP INCREASED

71%



AVERAGE EVENT ATTENDANCE INCREASED

121



CLASSES ATTENDED BY MARTIN LAZORE, THE MOST OF ANY MEMBER

600+



HOURS SPENT IN COMMUNITY

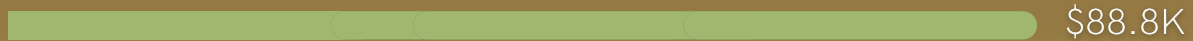
\$10,824

RAISED ON GIVING TUESDAY

FINANCES

REVENUE

PROGRAMS & SERVICES



DONATIONS



MEMBERSHIPS



EXPENSES

PROGRAMS & SERVICES



FUNDRAISING & SUPPLIES



ADMIN & TECHNOLOGY



HOW YOU CAN STAY INVOLVED



BECOME A MEMBER

- *PRIORITIZE YOUR HEALTH & WELL-BEING*
- *BECOME AN ADVOCATE & CHANGE AGENT IN YOUR COMMUNITY*

DONATE

- *GIVE TO SUPPORT A PROGRAM THAT IS DEAR TO YOUR HEART*
- *DONATE YOGA MATS, CUSHIONS, SPACE, FOOD & OTHER PRODUCTS/SERVICES*

VOLUNTEER

- *SUPPORT LOCAL EVENTS*
- *HOST A PROGRAM OF YOUR OWN*
- *JOIN OUR BOARD*

LET US TRAIN YOUR TEAM

- *BRING WELLNESS EXPERIENCES & CONNECTION TO YOUR TEAM*
- *TRAIN SENIOR MANAGEMENT ON EMOTIONAL INTELLIGENCE*
- *PROVIDE SUPPORT GROUPS TO YOUR STAFF*

BECOME A WELLNESS PARTNER

- *GET CONNECTED WITH OUR MEMBERS*
- *OFFER YOUR SERVICES TO THOSE IN NEED*

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

ACKNOWLEDGEMENTS

Abundant gratitude to the dedicated individuals whose unwavering commitment and tireless efforts made this year possible. Together, we've created positive change, and we look forward to continuing this journey. Thank you to...

- Our Board of Directors
- Our Staff & Facilitators
- Our Community
- Our Community Partners

