Holistic Life Foundation Press Kit
<table>
<thead>
<tr>
<th>Vision</th>
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<tbody>
<tr>
<td>The Holistic Life Foundation (HLF) seeks to improve social, community, educational and emotional outcomes in low-income, underserved communities by providing multi-faceted programming (including yoga, mindfulness, and human and environmental health) that empowers youth, families, and adults.</td>
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<tr>
<th>Mission</th>
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<td>The Holistic Life Foundation (HLF) is a registered non-profit 501(c)(3) in Baltimore, Maryland that performs human and environmental health programs to demonstrate the interconnectedness people have with the environment in which they live.</td>
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<th>Background</th>
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<td>Since 2001, The Holistic Life Foundation (HLF) has provided yoga and mindfulness based programming for underserved residents in the Baltimore community and beyond. Through a comprehensive approach which helps children develop their inner lives through yoga, mindfulness, and self-care, HLF demonstrates deep commitment to learning, community, and stewardship of the environment. Since its inception, HLF has facilitated yoga, mindfulness, and environmental based programs for youth in schools, recreation centers, group homes, the Baltimore Juvenile Detention Center, and other venues. HLF has facilitated adult programs in many different settings, including drug treatment centers, mental illness facilities, colleges, senior centers, schools and wellness centers across the nation. HLF is also committed to developing high-quality evidence-based programs and curriculum to improve community well-being.</td>
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<th>Programs</th>
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<td><strong>Bridging Academics and Minds (BAM)</strong></td>
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<td>BAM is a program to be used in elementary schools that combines yoga, mindfulness meditation, and self-care practices. BAM invites students to use breathing and movement techniques to help bring their awareness back to the present, to refocus themselves when their attention begins to drift, and to help relax themselves when emotions bubble up. Our breathing and movement practices can be used before testing or other important events in the classroom. Eventually, the goal is for students (and also teachers) to be able to use the breathing practices whenever they need them. 2019 marks the second year of offering BAM to local schools. We continued to work with the four Baltimore City Schools that were a part of the 2018 pilot.</td>
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<th>Holistic Me Afterschool Program</th>
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<td>Our flagship after school program, Holistic Me, completed its 17th year of service. We provide yoga and mindfulness instruction, academic tutoring, and enrichment activities to 41 Pre-K to 5th graders after school each day, with an emphasis on teaching positive coping reactive and proactive life skills.</td>
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<th>Holistic Me Summer Camp</th>
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<td>For the fifth year in a row, we expanded our Holistic Me after school program into a 4-week Summer Camp at Coppin State University. The Holistic Me Summer Camp provided enrichment activities, yoga, and healthy meals for 76 Baltimore youth. The program provides a positive place for kids to spend their summer days.</td>
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<th>Mindful Moment Program</th>
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<td>In 2019, HLF operated 14 Mindful Moment programs that were embedded in local schools. The Mindful Moment program enables students to integrate mindfulness into their daily school lives by beginning and closing the day with techniques for calming the body and mind, using HLF’s approach to breathing techniques and yoga postures.</td>
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<th>Holistic Roots Mentor Program</th>
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<td>Holistic Roots is a comprehensive youth development program tailored for our Holistic Me graduates as they transition to middle and high school. Holistic Roots expands upon our signature mindfulness-based programming, integrating mentorship, advocacy, enrichment and wellness activities to support and empower youth as they navigate adolescence.</td>
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**Impact in Numbers**

10,000
Children served through the Mindful Moment Program

120
Children served through the Holistic Me Program

600
Children and Teachers served through the Residency Program

300
Teachers served through trainings and programs

5
Former Holistic Me participants serving as Continuing Mentors

3
Former Youthworks participants serving as Continuing Mentors
Trainings and Events

Conferences
- Adverse Childhood Experiences (ACEs) Conference (University of Maryland)
- CREC/CCSU Mindfulness Conference (New Britain, CT)
- Mindfulness in Education Keynote (Omega Institute)
- National Trauma Conference (Boston, MA)

Community Organizations
- Blossom House (Fairbanks, AK)
- Boys and Girls Club (Fairbanks, AK)
- Fairbanks Correctional Center (Fairbanks, AK)
- Fairbanks Youth Facility (Fairbanks, AK)
- Family Centered Services (Fairbanks, AK)
- Social and Emotional Learning (SEL) In Action (Albuquerque, NM)

Schools
- Coppin State University Summer Academic Success Academy (SASA) (Baltimore, MD)
- Hagerstown Community College
- Johns Hopkins University (Baltimore, MD)
- Lathrop High School (Fairbanks, AK)
- Naropa University (Boulder, CO)
- Ryan Middle School (Fairbanks, AK)
- SEED School Trauma Training (Baltimore, MD)

Trainings
- YBB, Space Between, and School’s Out (Seattle, WA)
- Youth, Yoga & Mindfulness Training (Richmond, VA)
- Mindful Moment Room Training, (Richmond, VA)
- Yoga Teacher training (Puerto Rico)
- Youth, Yoga & Mindfulness Training, (Omega Institute)

Retreats
- Barre Healing Through Love Retreat (Barre, MA)
- Healing Through Love & With Mindfulness Retreat (Parkland, FL)
- The People Who Care for People Retreat (Garrison Institute, NY)

Other Events
- Mindfulness on the Front Lines (Ft. Lauderdale, FL)
- Open Door Mindfulness Talk (Linthicum, MD)
- Bajacu Boriqua (Puerto Rico)
- US Coast Guard Meditation Session (Curtis Bay, MD)
In the Media

Video

TEDxCharlottesville, Breathing Love into Communities

NBC News, Making a Difference Segment

HLF, Breathing Life Into Communities

CBS This Morning, Students Get Meditation, Not Detention

The Doctors, Should Meditation Replace Detention in Schools?

Discovery Channel, Why We Hate

WMAR News, Breathe and Let it Go: Learning to Control What’s Inside to Thrive Outside

CBS Local, Non-Profit Holistic Life Foundation Transforming The Lives Of Local Students Through Yoga, Meditation

Now This, Why This School Replaced Detention With Yoga

Positive Parenting Newsfeed, Mindfulness in Schools

Stop Breathe Let Go (Documentary)

Print

Mindful Magazine Article, Raising Baltimore, 2013

Yoga Journal Article, Yoga for the Wellness of Children, 2015

O the Oprah Magazine, This Baltimore Elementary School Teaches Kids Something Everyone Should Learn, 2016

CNN, Instead of Detention, These Students Get Meditation, 2016

Washington Post, 2016

PBS NewsHour, Faced with Outsized Stresses, These Baltimore Students Learn to Take a Deep Breath, 2017
Thank you!

Holistic Life Foundation’s work is made possible through the support of our donors and grants:

Grants
- Annie E. Casey Foundation
- Charles Crane Family Foundation
- Community Foundation of NJ
- France-Merrick Foundation
- The Frederick P. Lenz Foundation
- Fund For Education Excellence
- Hagan Family Fund
- The Harry and Jeanette Weinberg Foundation
- The Hoffberger Foundation
- The Jacob and Hilda Blaustein Foundation
- Jim and Patty Rouse Foundation
- The Johnson Family Foundation
- Lancelotta Foundation
- LWH Foundation
- Morty & Gloria Wolosoff Foundation
- New York Community Trust
- NOVO Foundation
- Open Society Foundations
- Sante Fe Foundation
- Showalter Schmitz Family Fund
- Singer Family C&E Foundation
- T. Rowe Price Foundation
- The Renewal Foundation
- The Zanvyl and Isabelle Krieger Fund

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- Aetna Foundation
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- Frontstream
- Gail and Albert Holm
- Glenda Conway
- Hagan Family Fund
- James Casey and Evelyn Cannon
- Lancelotta Foundation
- Melvin Watkins
- Morty & Gloria Wolosoff Foundation
- New York Community Trust
- NOVO Foundation
- Open Society Foundations
- Showalter Schmitz Family Fund
Letter from the Founders

Thank you for your continued support of the work of the Holistic Life Foundation, Inc. (HLF). Our unique programming offers a dedicated approach to fostering social, emotional, environmental, and physical improvements in the lives of children and adults. Through a comprehensive approach that incorporates yoga and mindfulness instruction, workforce development, teacher training, outreach, and education, our programs are making a direct impact for underserved populations across the country, and throughout the world.

2019 was a year of significance. Our staff of 35 served approximately 4,500 children in Baltimore each week in a total of 17 schools. Our ability to provide thousands of children with training in yoga, mindfulness, and emotional self-regulation encourages community-wide peace. They teach their parents, siblings, neighbors, and friends. HLF is building a movement and we thank our generous supporters in Baltimore and beyond.

We thank all of the foundations and private donors whose generosity and commitment to the HLF mission enables us to continue to share love, light, and peace.

With gratitude,
Ali Smith, Co-founder
Atman Smith, Co-founder
Andres Gonzalez, Co-founder
Jessica Wilson, Executive Director

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