

MINDFULNESS TOOLS INC.

IMPACT REPORT

Supporting Wellness in Our Community



A message from our founder

In 2023, MTI's main goal was **afterschool yoga, mindfulness, and meditation programing for local schools in the Inland Empire. Although we haven't established a relationship with a school district (yet), we were able to provide programming through Burrage Buddies, Grapeland Elementary, and San Bernardino Humane Society.**

A year with unique challenges

MTI became a California 501(c)(3) in March 2023 and immediately began its outreach to local school districts. Unfortunately, Grant submissions and donations were limited until we received our official IRS confirmation letter, which we received on January 31, 2024.

As a start-up business, it can be a challenge for schools and organizations to "take a risk" on you and we received high praises from those that did take that risk (**and we are very grateful**).

IMPACT SNAPSHOT

217

Children & Adults
Directly Impacted

4

New Certified
Children's Instructors

2

Community Event
Participation

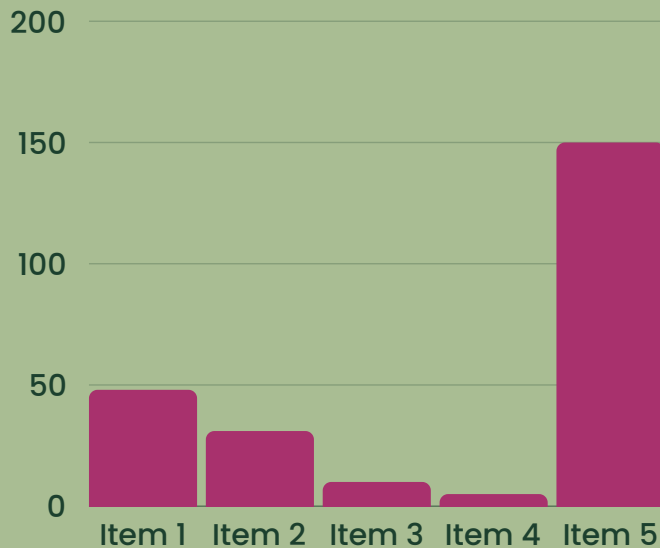
1

Foundation Sponsorship



FUNDS RAISED

\$860



GOALS:

- Our Main Goal for 2024 is still to bring Yoga and Mindfulness programs to local schools.
- Present our 2nd Annual Try Yoga! event on June 22, 2024 at Prospect Park in Redlands.
- Provide Mindfulness programs, for all ages, to communities throughout the Inland Empire.



2023



PROJECTS



DETAILS



OUTCOME

1

San Bernardino Humane Society Critter Camp

1-Hour Yoga, Mindfulness, and Empathy Towards Animals Program

- Over 40 elementary school children and 8 adults actively participated

2

MTI's 1st Annual Try Yoga! event (Veterans Park, Colton)

4-Hours of FREE Yoga, multiple, all-level classes, ages 5+

- 31 pre-registered adults and children
- Park issue forced event to shutdown early

3

Burrage Buddies (Rochford Foundation)

5-Week afterschool yoga and mindfulness program. Multiple/Year

- Up to 10 children per class

4

Big Bear Yoga Festival

Family Yoga Class

- 2 children and 3 parents participated

5

Grapeland Elementary (Mindfulness Mondays)

3-Hour, Multi-Session, Mindfulness Program (TK-6)

- 150 children directly participated
- Program handouts for 660 children and teachers

WE COULDN'T HAVE DONE IT WITHOUT YOUR GENEROUS SUPPORT

Last but certainly not least, we would not be here without the generous support of our Board, Volunteers, Community Organizations, and Friends.



WE ARE PROFOUNDLY GRATEFUL

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