

USA

Accessible Yoga Association | Santa Barbara, CA

Mission: Accessible Yoga believes that all people—regardless of ability or background—deserve equal access to yoga. Through education and advocacy, we share the teachings and benefits of yoga with those who have been marginalized.

<https://accessibleyoga.org/>

Achilles International | New York, NY

Mission: To transform the lives of people with disabilities through athletic programs and social connection.

<https://achillesinternational.org/>

Adaptively Abled Amputees | Boston, MA

Mission: To support, educate, and inspire those living with limb loss/limb difference or with a physical disability to adapt, overcome, and lead active and fulfilling lives through participation in group activities and outings; educational programs; adaptive sports, fitness, and wellness programs; and through social engagement with adaptively abled peers.

<https://www.adaptivelyabledamputees.org/>

Bay Area Outreach & Recreation Program | Berkeley, CA

Mission: To improve the health, independence, and social integration of children, youth, and adults with physical disabilities and visual impairments through sports, fitness, and recreation programs. Bay Area Outreach & Recreation Program (BORP) is the only organization in the San Francisco Bay Area comprehensively meeting this need. Each year, we serve more than 1,000 participants.

<https://borp.org/>

Black People Ride Bikes | Baltimore, MD

Mission: To bring cycling awareness to the black diaspora by building a community of black cyclists with a focus on exploration, education, and advocacy. The goal of Black People Ride Bikes, Inc. (BPRB) is to reduce the disparities between black and white cyclists by making cycling more accessible to individuals within the black community.

<https://blackpeopleridebikes.com/>

Black Yoga Teachers Alliance | Perry Hall, MD

Mission: To support the continuing educational and professional development of black yoga teachers.

<https://blackyogateachersalliance.org/>

CTZNWELL | Topanga, CA

Mission: We believe that wellbeing is a human right and not a privilege. That's why we're committed to closing the wellbeing gap by dismantling the cultural and systemic barriers that are in the way of wellbeing and creating the conditions for everyone to thrive on their own terms.

<https://www.ctznwellalliance.org/>

Dancing Grounds | New Orleans, LA

Mission: Developing young leaders of color. Promoting health and wellness. Advocating for social change. Dancing Grounds (DG) is a multigenerational arts organization that brings inclusive and accessible dance programs to New Orleans' residents of all ages and backgrounds.

<https://www.dancinggrounds.org/>

Eat Breathe Thrive | Boulder, CO

Mission: To prevent and help individuals recover from eating disorders. We offer yoga-based programs that help people build skills for mindful eating, emotional resilience, and positive embodiment.

<https://www.eatbreathethrive.org/>

Exhale to Inhale | New York, NY

Mission: Exhale to Inhale (ETI) uses the healing practices of trauma-informed yoga to empower survivors of domestic violence and sexual assault, while helping communities to develop the skills and knowledge to support them. Our methodology is rooted in safety, simplicity, and choice-based philosophy.

<https://www.exhaletoinhale.org/>

Fast Feet NYC | Brooklyn, NY

Mission: To make athletics, nutrition, and social skills development accessible and inclusive to all people. Our health equity programs aim to serve and support individuals of all abilities.

<https://www.fastfeetnyc.com/>

Girls on the Run Chicago | Chicago, IL

Mission: To inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

<https://www.gotrchicago.org/>

Girls on the Run Pennsylvania | Philadelphia, PA

Mission: To inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

<https://www.gotrphiladelphia.org/>

Harmony Hill (in partnership with Three Trees Yoga) | Union, WA

Mission: The mission of Harmony Hill is inspiring healthy living for all and transforming the lives of those affected by cancer.

<https://harmonyhill.org/>

I Grow Chicago | Chicago, IL

Mission: To grow Englewood from surviving to thriving through community connection, skill building, and opportunity. Using a hyper-local approach, we work to build a replicable model for community building, trauma healing, and neighborhood investment. Each year we serve 3,000 high-need Englewood residents.

<http://igrowchicago.org/>

Jacksonville Dance Theatre | Jacksonville, FL

Mission: Jacksonville Dance Theatre (JDT) is committed to creative innovation and exchange through choreographic projects, concert dance performance, movement intervention outreach, and dance education. We believe in providing sustainable opportunities for dance making, mental health and wellness, and community and cultural advancement.

<https://jacksonvilledancetheatre.org/>

LoveYourBrain Foundation | Norwich, VT

Mission: To improve the quality of life of people affected by traumatic brain injury (TBI) and raise awareness about the importance of brain health. Our vision is a world where everyone affected by TBI can fully access their resilience, connect with a compassionate community, and reach their full potential.

<https://www.loveyourbrain.com/>

Mindful Yoga Therapy | Burlington, CT

Mission: Helping people find a calm and steady body and mind to continue productive and peaceful lives through the support of the mindful practices of yoga and education.

<https://www.mindfullyyogatherapy.org/>

Off the Mat, Into the World | Santa Monica, CA

Mission: We are a collective of practitioners, educators, and activist working in collaboration with global and local leaders to seed and support grassroots change. We bridge the tools of yoga and self-awareness with effective community action through continuing education.

<https://www.offthematintotheworld.org/>

Prison Yoga Project | Bolinas, CA

Mission: Prison Yoga Project supports incarcerated people with trauma-informed yoga and mindfulness practices to promote rehabilitation, reduce recidivism, and improve public safety.

<https://prisonyoga.org/>

Project Peaceful Warriors | New Orleans, LA

Mission: Project Peaceful Warriors grows healing centered learning spaces in New Orleans through equitable access to the tools of trauma-informed yoga and mindfulness.

<https://www.projectpeacefulwarriors.org/>

Rising Hearts | Los Angeles, CA

Mission: Rising Hearts is an Indigenous led grassroots organization working to elevate Indigenous voices and promote intersectional collaborative efforts across all body movements with the goals of racial, social, climate, and economic justice. Our primary focuses are to inform, elevate, mobilize, and organize through strategic and targeted advocacy.

<https://www.risinghearts.org/>

Shanthi Project | Allentown, PA

Mission: To teach social-emotional resiliency through the practice of mindfulness.

<https://www.shanthiproject.org/>

Sista Afya Community Care | Chicago, IL

Mission: To build sustainable mental wellness communities through providing affordable and culturally-centered community mental wellness care and education.

<https://www.sistaafya.com/>

Space Between | Seattle, WA

Mission: We bring research-based practices in mindfulness, breathing, and intentional movement to children, teens, educators, and families in Washington State.

<https://www.spacebetween.community/>

Strategy for Access Foundation | Chicago, IL

Mission: To empower people with disabilities by providing them with fun and educational online content that focuses on fitness, advocacy, and literacy. Fostering

an inclusive community, our resources promote positivity, while being accessible to everyone via public access television and the internet.

<https://www.fun4thedisabled.com/>

Teens Run DC | Washington, DC

Mission: To empower youth to envision and work toward the achievement of personal goals through a distance running, mentoring, and social emotional learning program.

<https://www.teensrundc.org/>

The body: a home for love | Houston, TX

Mission: To provide accessible trauma-informed care, community, and creative wellness for black women seeking a safe space to heal from sexual trauma and journey towards self-love.

<https://thebodyahomeforlove.org/>

The Center for Trauma and Embodiment at JRI | Needham, MA

Mission: The Center for Trauma and Embodiment (CFTE) at JRI is dedicated to researching, developing, and training providers in effective, trauma-informed practices that help survivors safely re-connect to their body so that they may engage more fully with their life.

<https://jri.org/>

The Sanctuary in the City | Charlotte, NC

Mission: Sanctuary in the City is a black led, woman led organization founded with the awareness of the need for accessible and safe healing spaces for Black Indigenous people of color. Its primary purpose is guiding BIPOC and under-represented individuals through growing and healing from race-based trauma and stress through focus on the whole self.

<https://www.thesanctuaryinthecity.org/>

Trauma Healing Project | Eugene, OR

Mission: To increase capacity to support and promote trauma healing throughout our community and beyond.

<https://healingattention.org/>

Wasatch Adaptive Sports | Snowbird, UT

Mission: To encourage individuals with adaptive needs and their families to realize their potential and engage in active living through recreational, educational, and social programs.

<https://wasatchadaptivesports.org/>

Y12SR | Boulder, CO

Mission: To improve the lives of individuals, families, and communities by sharing the possibility and hope of healing ALL addiction at the deepest level.

<https://y12sr.com/>

Yoga Behind Bars | Seattle, WA

Mission: To share yoga and meditation with incarcerated people to promote rehabilitation, personal transformation, and a more just society for all.

<https://yogabehindbars.org/>

yoga4cancer Foundation | Stowe, VT

Mission: Oncology Yoga to be prescribed and available to all those touched by cancer. This will be achieved by creating equitable access, education, research, advanced oncology training, and advocacy in public and private sector organizations.

<https://y4c.com/>

UNITED KINGDOM

Carney's Community | London, UK

Mission: To get disadvantaged and excluded young people off the street and away from a life of crime and despair by giving them skills, discipline, and self-respect through boxing, mentoring, and other activities.

<https://carneyscommunity.org/>

Duty to Care | London, UK

Mission: To provide free mental health and wellbeing support for National Health Service (NHS) workers. We provide access to our practitioners and therapists without barriers and fund it entirely through our fundraising activities.

<https://www.dutytocare.info/>

Mindwalk Yoga | London, UK

Mission: To build a supportive community of Black female yoga practitioners who feel represented and empowered to embrace yoga for wellbeing. We focus on tailoring yoga as a way for Black women to understand and manage mental ill-health due to racial trauma. We believe everybody should have access to wellbeing.

<https://www.mindwalkyoga.org/>

The Outrunners Charity | London, UK

Mission: To create an equal Hackney, where everyone is included and no one is left behind. We believe that by bringing people together to improve their fitness, we can use the power of this collective energy to widen the possibilities for young people in Hackney.

<https://www.theoutrunners.co.uk/>

NEW ZEALAND

Kanuka Yoga Space | Hobsonville, AK

Mission: Kanuka Yoga Space is a neighbourly studio where you can breathe and move mindfully. We believe offering a variety of classes will give Kanuka students the opportunity to find their own flow. Our aim is to bring trauma-sensitive yoga to our space and subsidize classes for those who are in need.

<https://www.kanukayoga.co.nz/>

M3 Mindfulness for Children | Paparangi, WLG

Mission: To improve the mental and emotional wellness of all schools throughout Aotearoa.

<https://www.m3mindfulnessforchildren.com/>

Mia's Greenlight Foundation Trust (Greenlight Foundation) | Remuera, AK

Mission: To promote equity through empowering disadvantaged youth to purposefully navigate their best life with greater hope, strength, and resilience for meaningfully contributing to the world.

<https://www.greenlightfoundation.co.nz/>

CANADA

British Columbia's Children's Hospital Foundation | Vancouver, BC

Mission: To transform child health through excellence in philanthropy.

<https://www.bcchf.ca/>

Finding Our Power Together | Toronto, ON

Mission: We support Indigenous youth to realize their potential. We develop and facilitate programs and services that increase social connectedness through traditional Indigenous practices, training and skills development opportunities, and activities for learning, growth, and pride in their identity and various Indigenous lifeways.

<https://findingourpowertogether.com/>

Keep Your Head Up Foundation | Waterloo, ON

Mission: To improve traumatic brain injury (TBI) recovery, including concussion, through a community-based platform providing education, empowerment, and social connection.

<https://www.keepyourheadup.ca/>

Kristen French Child Advocacy Centre Niagara | St. Catharines, ON

Mission: To serve children, youth, and their families in the Niagara Region who have been impacted by abuse.

<https://kristenfrenchcacn.org/>

Matriarch Movement | Vancouver, BC

Mission: Shifting the mainstream narrative around Indigenous women by amplifying their voices through podcast, social media, and interviews. We also facilitate wellness workshops (in person + online) that focus on Indigenous people reclaiming their voice, body, and spirit.

<https://www.matriarchmovement.ca/>

Metis Nation Columbia River Society | Golden, BC

Mission: To act as the advocate, voice, representative and the protectors of, the traditional values of the Metis People(s) located in the North Kootenay area of British Columbia area in association with the Metis Nation British Columbia.

<https://metisrcrs.wixsite.com/website>

New Leaf Foundation | Toronto, ON

Mission: To support the mental, emotional, and physical wellbeing of youth in marginalized communities. We accomplish this through programming grounded in meditative practices, like yoga and mindfulness, as a way to address chronic stress while also confronting systemic barriers that many youth face in accessing wellness-based resources.

<https://newleaffoundation.com/>

Opportunity For Advancement | Toronto, ON

Mission: Opportunity For Advancement (OFA) works with women in disadvantaged life situations. While poverty is an issue for almost all the women, other factors create additional barriers to wellbeing and equal participation in society.

<https://ofacan.com/>

Saskatchewan Indigenous Yoga Association | Saskatoon, SK

Mission: The Saskatchewan Indigenous Yoga Association facilitates the training of First Nations and Métis people to be yoga teachers, with the goal of embedding the healing benefits of yoga within Indigenous communities.

<https://siya.ca/>

SeeChange Initiative | Montreal, QC

Mission: To invigorate vulnerabilised communities to address humanitarian health crisis. We provide CommunityFirst Solutions as an adaptive response to health crises. We focus on impact at the community level for positive and meaningful change, addressing systemic barriers, and emphasizing the role of indigenous peoples, women and youth.

<https://seechangeinitiative.org/>

Soul Warrior Yoga for Youth | St. John's, NL

Mission: To provide youth aged 5-20 with affordable yoga classes in Newfoundland and Labrador through lunchtime and after school programs; classroom presentations and assemblies; and partnering with community groups.

<http://soulwarrioryoga.com/>

The Yoga Outreach Society | Surrey, BC

Mission: Yoga Outreach partners with volunteer yoga instructors, social service agencies, and prisons, to provide trauma-informed programs to marginalized adults and youth. Programs serve those facing mental illness, addiction, poverty, violence, trauma, and imprisonment. We offer training to yoga teachers and support professionals to enhance Service Yoga.

<https://yogaoutreach.com/>

Vinyasa Yoga for Youth | Saskatoon, SK

Mission: To inspire courageous and mindful youth in their communities with tools to experience and embody holistic wellness.

<https://www.vyfy.ca/>

Whistler Adaptive Sports Program Society | Whistler, BC

Mission: To facilitate inclusive, life-changing experiences through sport and recreation opportunities.

<https://whistleradaptive.com/>

Zajac Ranch for Children | Mission, BC

Mission: We are a summer camp for children with disabilities and medical conditions who are otherwise excluded from recreational activities. We aim to contribute to their mental, physical, and social wellbeing by providing inclusive access to activities and a sense of community, as well as working towards building up their confidence and sense of belonging.

<http://zajac.com/>

AUSTRALIA

Collective Being Foundation | Melbourne, VIC

Mission: To dismantle the hierarchies and systemic barriers that disrupt individual and collective wellbeing, through programming, education, and advocacy. We envision an Australia where everyone has access to the embodied, community-centred wellness supports that they require to be healthy, connected, and thriving.

<https://www.collectivebeing.org/>

Fair Game Australia | Perth, WA

Mission: To create an equitable, healthier, and sustainable Australia by delivering unique health education and fitness programs and recycled sports equipment to remote and underserved communities.

<http://fairgame.org.au/>

Making Meditation Mainstream | Avalon Beach, NSW

Mission: To create a global movement utilising meditation as the vehicle to create connection and community. To create over 500 locations globally, by 2030. To evolve as a human race, there must be a SHIFT. This shift will be made by a deep connection to self and an understanding that we are all connected as one. Making Meditation Mainstream (MMM) is the SHIFT.

<https://www.makingmeditationmainstream.com.au/>

The Run Beyond Project | Rozelle, NSW

Mission: To empower young people beyond the finish line.

<https://therunbeyondproject.com/>

Red Dust | Prahran, VIC

Mission: To create opportunities for people at risk to positively change their experience of life.

<https://reddust.org.au/>

The Yoga Foundation | Sydney, NSW

Mission: To implement innovative programs that break down the barriers and stigma of traditional mental health treatment and support.

<https://www.theyogafoundation.org.au/>

Waves of Wellness Foundation | Sydney, NSW

Mission: To implement innovative programs that break down the barriers and stigma of traditional mental health treatment and support.

<https://www.foundationwow.org/>

Yogazeit | Beaconsfield, WA

Mission: Yogazeit is dedicated to the prevention and management of psychological and physical health conditions. We educate and empower the Young and Young at Heart with Yoga and Mindfulness classes, programs, training, and professional development courses founded on the principles of education, ethics, and research.

<https://www.yogazeit.com.au/>

ASIA

Mind HK | Hong Kong SAR

Mission: To ensure no one in Hong Kong has to face a mental health problem alone.

<https://www.mind.org.hk/>

NPO Monkey Magic | Tokyo, Japan

Mission: "Overcoming barriers you cannot see."

Monkey Magic is a nonprofit organization dedicated to empowering people with visual impairment and all others through free climbing.

<https://www.monkeymagic.or.jp/>

Root Impact | Seoul, Korea

Mission: To support people of good-will to realize their vision.

<https://rootimpact.org/>

RUN Hong Kong | Hong Kong SAR

Mission: To support vulnerable refugees and asylum seekers to Rebuild their mental and physical strength, Unite across differences as a community, and Nurture self-reliance for a more hopeful future.

<https://runhk.org/>

The Befrienders KL | Selangor, Malaysia

Mission: To alleviate distress and help reduce the risk of suicide through emotional support and public education.

<https://www.befrienders.org.my/>

Visual-Impaired Marathon of Korea | Seoul, Korea

Mission: To provide a platform for blind and non-disabled people to run as one.

Women In Sports Empowered Hong Kong | Hong Kong SAR

Mission: Through sports, we empower, educate, and connect women and girls to realise their aspirations. Our vision is a world where women and girls can thrive without limitations.

<https://wisewomenhk.com/>

YAMA Foundation | Hong Kong SAR

Mission: To make yoga, art, meditation accessible to Hong Kong's most vulnerable communities. We believe that all people have the fundamental right to feel good in their bodies, peaceful in their minds, live colourful and rewarding lives, and be part of a caring community—regardless of their background or ability.

<https://www.yamahk.org/>