

**Breathing Space 2020
Annual Report
January 31, 2021**

The year 2020 was such a uniquely challenging year for any nonprofit, that making a typical Annual Report would not begin to capture the changes we experienced. Below is a list by date of the key milestones during the year for Breathing Space, as we maneuvered through an unknown landscape.

We were able to continue offering Outreach classes to two of our Outreach sites: the Prerelease Center (PRC) in Ludlow, MA and the Western Mass Recovery & Wellness Center ("Mill Street", in Springfield, MA). We were also able to add new sites: the Gandara Women's Recovery Center in Holyoke, a series for the Northampton Recovery Center, and a start with the RFK S. Hadley Girls Treatment Program.

Our Board changed in the course of 2020. We welcomed Yolanda Ramos as a new board member. Yolanda has been a great supporter of Breathing Space since the opening, and is the director of the Intensive Outpatient Program where Breathing Space offered chair yoga in 2018-2019. Michael Stephens continued as Treasurer. We also added our three teachers – Angelica Lopez, Lorrie Heard, and Johanna Hammer, as honorary board members. This blends our Board and teachers into a cohesive body to advise (teachers) and direct (Board members) the activities of Breathing Space. We note with sadness, but also such appreciation for the joy and wisdom she gave to Breathing Space and our Board, the passing of Laura Jacques this year. May she rest in peace and in power.

We also were sustained and cheered up by offering Yoga in the Park classes through the warm months, with the support of the Holyoke Parks & Recreation Department. We hope to offer those again in 2021.

We extend so much gratitude to all who stayed with us, or newly came in through our "doors" this year – whether it be online or for Yoga in the Park. Your support, along with grants, loans, and fundraisers, have sustained and created the foundation for Breathing Space to move forward. Here's a review of the year:

- Jan - March 11: Third year of operations, offering Recovery Yoga at 5 sites and offering 8+ classes per week at the Studio
- March 9: Last in-person Recovery Yoga class at the PRC
- March 12: What just happened? Covid strikes and the Studio closes
- March 15: Hampden County jails close to volunteers
- March 28: First livestream class - all classes made by donation
- April 14: First livestream Recovery Yoga class with Mill St. Recovery Center
- April 20: Northampton Recovery Center livestream yoga series starts
- May 21: Received SBA Emergency grant
- May 15: Livestream Recovery Yoga series start with Prerelease Center
- May 21: Received SBA Emergency loan
- May 31: End of 3-year Studio lease at the STEAM Building in Holyoke. Moved out!
- June 12: Search for new space begins. Dwight Street Artesana space is possible in Holyoke

- June 20: First Yoga in the Park class. Lorrie, Johanna, and Angelica teach in the park all summer & into the Fall
- July 10: Recovery yoga begins at Gandara Women's Recovery House (G House)
- July: Angelica teaches Yoga in the Park with River Valley Coop grant
- July: PRC residents move to Mill St., and Mill St women move to Chicopee jail
- August 12: Breathing Space receives \$5000 Covid grant from Community Foundation of Western Massachusetts, Springfield, MA
- August 15: Breathing Space teachers meet to mark our evolution toward a more collaborative governance, and to discuss antibias/antiracist strategies for the Studio.
- August 2020: Lorrie establishes Yoga By Us For Us as a BIPOC community yoga class
- August/September: Breathing Space teachers participate in antiracism workshops with Prison Yoga Project, Michelle C. Johnson
- October: Board approves member changes, with the addition of Breathing Space teachers as honorary board members
- October 22: Laura Jacques, founding Board member, passes away
- November: Dwight Street space falls through
- November 20: RFK S. Hadley Girl's Treatment Program class starts
- December 31: 102 Cottage Street viewing, moving towards relocation to Easthampton

Please refer to the 2020 financial statement, with comparison to 2019 (second column), and the notes following the report.

Breathing Space Inc.

PROFIT AND LOSS

January - December 2020

	TOTAL		
	JAN - DEC 2020	JAN - DEC 2019 (PY)	CHANGE
Income			
4000 Donations	1,923.97	5,205.73	-3,281.76
4200 Non-Governmental Grants	5,000.00		5,000.00
4300 Sales of Product Income	555.66	309.36	246.30
4500 Government Grants	11,900.00		11,900.00
4600 Program Service Revenue	9,323.51	17,622.59	-8,299.08
6810 Other Revenue		0.97	-0.97
Refunds Received	981.46	663.83	317.63
Total Income	\$29,684.60	\$23,802.48	\$5,882.12
Cost of Goods Sold			
5010 Cost of Goods Sold	133.71		133.71
Total Cost of Goods Sold	\$133.71	\$0.00	\$133.71
GROSS PROFIT	\$29,550.89	\$23,802.48	\$5,748.41
Expenses			
7540 Professional Fees	218.00	374.00	-156.00
8000 Expenses	0.98		0.98
8010 Occupancy	5,345.50	12,413.50	-7,068.00
8110 Supplies	237.09	3,637.40	-3,400.31
8130 Telephone, Telecommunications	2,198.27	1,233.38	964.89
8140 Postage, Mailing Service	83.00	55.05	27.95
8310 Travel	1,551.52	41.00	1,510.52
8570 Advertising/Promotional	288.14	336.83	-48.69
8590 Other Expenses - Refunds & Reimburse	123.13	-19.99	143.12
8600 Independent Contractors	11,935.00	1,937.00	9,998.00
9300 Charitable Contributions	1,170.00	4,319.64	-3,149.64
Taxes Paid	58.50	43.31	15.19
Uncategorized Expense	116.50	192.00	-75.50
Total Expenses	\$23,325.63	\$24,563.12	\$ -1,237.49
NET OPERATING INCOME	\$6,225.26	\$ -760.64	\$6,985.90
Other Income			
Other Miscellaneous Revenue	0.98		0.98
Total Other Income	\$0.98	\$0.00	\$0.98
Other Expenses			
Reconciliation Discrepancies	50.00		50.00
Total Other Expenses	\$50.00	\$0.00	\$50.00
NET OTHER INCOME	\$ -49.02	\$0.00	\$ -49.02
NET INCOME	\$6,176.24	\$ -760.64	\$6,936.88

Notes to Financial Statement

- Income: was down this year, of course. Program revenues decreased by \$8000, some of which was loss of memberships and some of which was due to changeover to donation basis. We would have had much more serious loss in income without the \$16,900 in grants/loans received.
- Expenses were down, but not by as much as income, due to the steady class schedule throughout 2020. We did save \$7000 by giving up the Studio at end May
- Looking ahead, we will need to increase program service revenues (class fees – both through increasing drop-in fees and increasing volume), as well as seek more grants to support our activities.