

A I M TO EMPOWER

Our mission is to renew wholeness through movement, presence, and self-study.

We provide yoga classes free to participants, throughout the Lancaster, York and Harrisburg areas, in order to fulfill our mission.



INTERESTED IN GIVING?



\$25
DONATION

provides a yoga mat for an A.I.M. to Empower outreach event



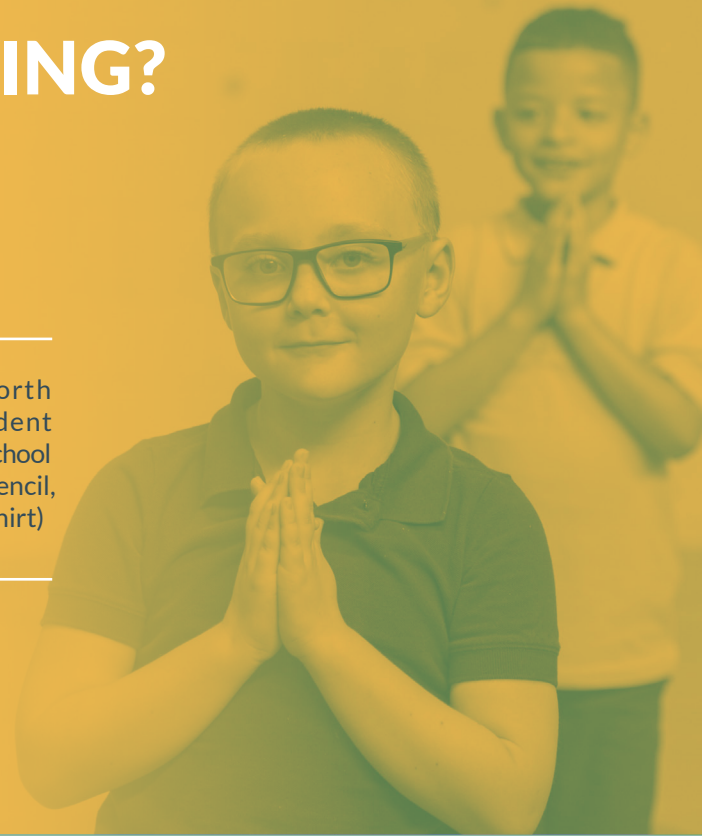
\$50
DONATION

provides one school year's worth of incentives for a school student participating in A.I.M. to Empower school program (includes items such as: pencil, bag, stickers, poster, yoga mat, t-shirt)



\$100
DONATION

sponsors one outreach yoga class to underserved population in our community



\$1,000
DONATION

provides one class per week for an entire year to an underserved population



\$3,600
DONATION

provides training for a new yoga teacher to serve an underserved population



aimtoempower.org



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