



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

We provide access to free yoga classes to underserved communities in Lancaster, York, and Dauphin counties.

## A.I.M. TO EMPOWER TESTIMONIALS

### PARTICIPANT TESTIMONIALS

"I really like the breathing exercise. It made me feel really calm for the first time in a long time. I like that I can do what I want in yoga because of what my body needs, not what everyone else is doing."

- 13yr old, A.I.M. To Empower Class, Youth Intervention Center

"This is my 3rd day as an inmate at Lancaster County Prison and my 3rd day in the most anxious, stressful, fearful state of my life. In yoga this evening, I was able to find quiet in the noisiest place I have ever been and focus in the most mind-jarring place I have ever found myself."

- Lancaster County Prison Inmate

"Yoga helps me with my anger and my stress."

-Ethan, A.I.M. To Empower Participant, Tempo Clubhouse

"Yoga helps me with my anxiety and with my posture."

-Courtney A.I.M. To Empower Participant , Tempo Clubhouse

"I like my yoga practice because it helps me breath and stay calm and helps me with my weight."

- Jasmine, A.I.M.To Empower Participant, Tempo Clubhouse

### VOLUNTEER TESTIMONIALS

"Teaching the children yoga and mindfulness through AIM has given me soooo much joy! I am the one who receives a huge gift in being able to spend time with such amazing and intelligent kids!!!"

- Meghan, Volunteer

"A.I.M. To Empower has given me an opportunity to see how the embodied learning of yoga techniques makes a positive impact on all kinds of people. Being a guide for A.I.M. has pushed me to be a better "seer" of others and a deeper listener. The people I've met and worked with through A.I.M. have made a permanent imprint on my heart. I am a better human because of their presence in my life."

-Kait, Volunteer

"I am most proud of the connections we make to break down barriers to opportunities and personal transformation on the mat. Many of the communities we serve tell us that they would have never tried yoga without our presence. We are there for populations that would not have opportunities to connect with the transformational tools of yoga."

- Debbie, Volunteer

"The greatest way A.I.M. to Empower has impacted me in the way I have been able to make an impact on my students, especially the students in the School District of Lancaster (SDOL). Preteen/teenage years are delicate in which people are trying to navigate and find out what spaces they want to occupy and as a volunteer/guide I am here to provide tools for students to use deliberately in the spaces they choose to occupy."

- Irena, Volunteer

"It's really inspiring to see people do something when they really thought they couldn't. Breaking down people's perceptions about what's possible is how I hope to impact people through yoga."

-Charles, Volunteer

"There's many stigmas around yoga and meditation, some say that it's super spiritual and others say it's too physically demanding or their body can't participate. But yoga is really not about that. Yoga and meditation are about offering tools of compassion, love, kindness, and self-regulation."

-Britt, Volunteer

"In the U.S., a lot of the yoga is more for upper-socioeconomic levels, and I like the idea of offering it to other groups of people and underprivileged populations."

-Philomena, Volunteer