



**Do you love yoga? Are you looking to give back to your community?
Do you think yoga should be for everyone?**

The Abundant Yoga Community is a nonprofit that serves the St. Croix Valley of WI and MN. We provide [Personal Scholarships](#) to people who don't typically have access to yoga, and [Grants](#) to yoga teachers who teach yoga to underserved populations in our communities. [Free yoga](#) is available monthly at our partnering studios, Inspiring Actions & Healing Roots. We also have a unique, on-demand, [trauma-informed continuing education](#) for yoga teachers.

WE ARE GROWING!

Since our conception in 2019, we have been building our core programs, raising money, building membership, and providing scholarships and grants. Last year we won a \$10,000 Big Ideas Grant from The St. Croix Valley Foundation to bring yoga experiences to underserved communities in River Falls, WI. We are rolling out our Big Ideas programs now: Yoga For Teens, Yoga for People in Recovery, Yoga for Assisted Living, Yoga For Survivors of Cancer, Yoga for People in the Community, and On-Line Meditation.

JOIN US!

We are so excited that we are growing and bringing yoga to more and more people in our communities. We have so many ideas and have a motivated and powerful leadership team, AND, we need more help. Will you join us in our mission?

Take a look at the next page and see what matches your desire to be in service to the community through yoga.

Let us know if you have any questions, and thank you for your interest in AYC!

In Gratitude,

The Abundant Yoga Community

Tracey Mortensen- Executive Director

Lucy Pirner- President

Chelsea Lambert- Vice President

Michelle Kraft - Treasurer

Cori Hildebrandt- Board Member at Large

Erin Austin- Board Member at Large

Erin Stamets- Board Member at Large

Kelsey Kaufman- Board Member at Large



Be part of the leadership team

Be on the board. The Secretary position is currently open for someone with a special interest in organization, creating structure, and taking meeting minutes. This position requires an average of 2-4 hours a month, but hours are variable depending on the time of year and projects running.

Support the mission through committee involvement

We are always looking for “worker bees” who want to support the mission with their ideas, community connections, and getting things done! Does one of our committees pique your interest? Tell us how many hours a month you can commit to one of the committees below.

Projects & Proposals: Provide focus and direction of programs.

Membership & Fundraising: Promotes the growth and vitality of AYC through membership recruitment and fundraising efforts.

Marketing & Website: Promotes, advertises, and increases awareness of AYC’s mission, programing, and offerings.

Finance: Develops and reviews fiscal procedures, plans, and budget to ensure the health of the organization.

Help out occasionally

Making a long term commitment isn’t possible, but you want to help? Consider volunteering for a specific event. Let us know the best way to contact you and we’ll reach out when we need extra help.

Contact [Tracey Mortensen](#), [Lucy Pirner](#) or abundantyogacommunity@gmail.com with any questions and/or to join us.

For more information go to www.abundantyogacommunity.org.