



PRESS RELEASE

ANNOUNCING OUR 2022 SCHOLARSHIP RECIPIENTS

Funded by [Flamingo](#), Exhale to Inhale's Scholarship Program highlights and uplifts a group of talented individuals each year to attend Exhale to Inhale's 16-hour trauma-informed yoga certification training, receive one-on-one mentorship, and access to ongoing monthly education.

We are thrilled to welcome 19 recipients as part of 2022's scholarship cohort to our community. Each individual will be an integral member of our organization's mission, allowing us to continue providing trauma-informed yoga classes to those who need them most.

We are delighted to share that our trauma-informed yoga training program trained more than 325 training graduates in 2021. This in turn has a ripple effect on the number of people we reach, share our resources with, and teach classes to every day.

In the words of Teacher Trainer and Project Coordinator, Amy Apgar who led the implementation of this program in 2022::

“Each member of our Scholarship Cohort is integral to our mission of providing healing resources to survivors. Not only will each individual bring the knowledge and skills gained through the program back to their communities, where they are already incredible leaders in service, but they also enhance our training & teaching communities with their unique perspectives and lived experiences.”

EXHALE TO INHALE

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Exhale to Inhale, Inc. is a 501(c)(3) charitable organization, Tax ID 46-4225128.

CONGRATULATIONS TO OUR 2022 SCHOLARSHIP CANDIDATES



Lexie Thrash, (she/her)

Lexie Thrash is a Brooklyn-based creative thinker currently exploring her artistic voice via: mental health advocacy, movement, yoga instruction, painting and collage. As both a devoted yogi and budding Creative Arts Psychotherapist, Lexie is eager to dig into the Trauma Informed framework of ETI in every facet of her work. She hopes to engage these learnings most immediately in her weekly virtual yoga classes, and as an intern at Jacobi Hospital's Family Advocacy Program in the Bronx, starting September 2022.

@move__your__mind__



Farah Reynoso (she/her)

Farah completed her Bachelor's in Social Work with a Minor in Sociology at CUNY Silberman School of Social Work at Hunter College in May 2021. Farah is passionate finding ways of ending the systemic discrimination of minorities by using mental health. Farah completed her 200-hour Yoga Teacher Training at Mimi Yoga. and in September 2022, Farah will begin her Master's in Social Work at Fordham University. ETI scholarship will allow Farah to understand more the community that she is passionate about by being more cognizant of traumatic responses while offering therapeutic services and in her yoga classes.

@Farahpaloma



Lynnette Negrón (she/her)

The ETI Scholarship has provided me with the education and opportunity to combine my passion to advocate for Accessible Yoga with my past work experience as a Social Worker serving Domestic Violence and Sexual Assault Survivors. Since I started practicing, It has been my mission to provide Yoga and Meditation to underserved populations in NYC. I'm extremely grateful for ETI's support and providing a space to provide Yoga in my native language Spanish.



Jacqueline Crystal Contreras (she/her)

I am a single mother going to UCLA and working full time. My daughter is about to go to University in the Fall. I was drawn to the ETI program because I feel as if my training only slightly touched on the subject in my 200 ytt. I feel like this program will help me to gain a more cohesive safe space for students, if it's a class of one to a class of hundred. There is a real need for safe spaces for people and I would like for my students to feel safe in the space that I provide for them.

@phatgurlyyogie



Self Love proponent through the practice of Trauma Informed Yoga. Grateful for ETI for granting me Trauma Informed Yoga Teacher Training scholarship, which contributes to my healing journey, as well as incorporates scientific and practical knowledge in my teaching and life.

@AnyTing_Yoga

Ting Pimentel-Elger (she/her)



I want to create a safe space for survivors and those presently experiencing IPV. As a survivor, having the support of my social workers and support system empowered me to regain my voice and independence. The impact of receiving this scholarship with Exhale to Inhale has been tremendous and reaffirming to my life's work. I am so grateful to be on this path of bringing wellness to others.

@ms_shida03

Rashida Monique (she/her)



I'm drawn to study trauma informed yoga because I have witnessed firsthand the impact of experiences and emotions on the body. I am called to share tools and knowledge that will facilitate healing throughout my community.

@kiy2shanti

Kiyona Miah (she/her)



I believe passionately in the healing power of yoga and mindfulness and my ETI scholarship has provided me with the training to know how to effectively and safely share those benefits with some of the amazing people who need it most.

Holly Russo (she/her)



Priti DSilva (she/her)

As a coach, a big tool I use with myself and my clients is self-awareness and self-compassion. Yoga has been very instrumental in my life to turn inwards and connect with myself with curiosity and compassion. Yoga changed how I see myself and also others. And my goal is to create that safe space for my clients and students to get intimate with themselves.



Julie Love Yarbor (she/they)

The impact of yoga on my life is hard to fully describe, but it has allowed me to feel more connected, calm, curious, and compassionate with myself and others, allowing me to feel more authentic in my own body. I want to share this side of myself with others that need a space to feel safe and heard, because I didn't always get that in my life, and we all deserve such love and light.

@julielovestudio



Fozia Naseem (she/her)

I was drawn to this training as I have seen the benefits of yoga on ones mental health and wellbeing which led me to continue my journey and become a qualified instructor. As a survivor of sexual and domestic abuse yoga played a huge part in my own healing. I was looking for more in-depth learning on how to deliver bespoke classes to other survivors to help guide them on their journey towards healing. I came across Exhale to Inhale, some would say by chance but I believe something bigger was at play to guide me to my purpose in my passion to help others.



Keke Chambers (she/her)

Healing is both an individual and collective journey. We may all be having a human experience but every persons story is uniquely different and that's where lies the magic. When we are open and understanding that we come from all different walks of life, we can be vulnerable with ourselves and each other. My name is Keonna Chambers but go by Keke for short. I am a multi disciplinary artist, entrepreneur and community builder. I launched my own holistic wellness brand in 2019 to fill a gap within my community. A safe space for minorities to heal collectively. I've worked with multiple nonprofit organizations and groups to help uplift and inspire that healing is a right not a luxury. I was drawn to this program to learn more about creating inclusive safe spaces to teach yoga, wellness and community development.

@shadaneyoga

In its seventh year, Sophia Holly, Director of Community Partnerships who supports the program's structure, observes:

"I am always inspired and in awe of our scholarship cohort each year. People of various backgrounds who are passionate about helping support healing in those who need it most are given the opportunity to do so through our scholarship program. The healing power of trauma-informed yoga is then able to be accessed by more and more people creating a ripple effect of healing in the world."

Aditi Davray, Chief Program Officer who serves in an program efficacy and oversight role, shares:

"The scholarship program remains essential to Exhale to Inhale's ethos. Each year, it allows us to center on community and bring this education to individuals who are keen to serve as survivor-leaders or guides to those who have experienced domestic violence or sexual assault. By attending the training, connecting with an ETI mentor and joining the monthly Continuing Education sessions we hope that this scholarship cohort can have a profound positive impact on the communities that they represent. Congratulations to the scholarship class of 2022!"

ADDITIONAL RECIPIENTS

We are thrilled to include 7 additional recipients who are part of this cohort but chose not to share a profile. All 7 come to this work from different walks of life. In the mix are teachers, therapists, and yoga teachers. The team at Exhale to Inhale is deeply grateful for their dedication to serving survivors of intimate partner violence.

Ebony Tate
Alex Mercado
Candy Arguello
Jeff Manrique
Jasmine Mastin
Annemarie Henry
Conner Meenan