

LOVE YOUR BRAIN.[®]

FOUNDATION

2017 - 2018 | A YEAR IN REVIEW



WE ENVISION A WORLD WHERE
EVERYONE AFFECTED BY TRAUMATIC
BRAIN INJURY IS CONNECTED TO A
COMPASSIONATE COMMUNITY

2019 CALENDAR

A PERSONAL JOURNEY NOW A GLOBAL MISSION

LoveYourBrain's (LYB) mission is to improve the quality of life of people affected by traumatic brain injury (TBI) through programs that build community and foster resilience.



01 JANUARY

MAKING THE INVISIBLE VISIBLE

PREVALENCE: Over 2.8M TBIs occur in the US annually. 3.2-5.3M people in the US are currently living with a TBI-related disability.

IMPACT: TBI leads to a range of cognitive, physical, and psychosocial challenges.

INVISIBILITY: TBI is often referred to as an “invisible” injury. People may seem fully recovered, but in fact are still dealing with the ongoing consequences of their injury.

ACCEPTANCE: Our opportunity is to support people to adapt to their new normal and accept who they are now.



02 FEBRUARY

2018 MINDFULMARCH

A GLOBAL CAMPAIGN
FOR THE CHANGEMAKER

Thousands of people were touched through this month-long effort to raise awareness for TBI and funds for the growth of LYB Yoga.

\$115,000 raised

929 people donated

680 people meditated with us through our Meditation Challenge

127 yoga and meditation classes

16 events

11 people affected by TBI fundraised by sharing their stories

4 countries engaged



03 MARCH

COMMUNITY IS AT THE HEART OF WHAT WE BELIEVE IN

“TBI is akin to being in a perpetual state of ebb and flow - Yin and Yang. It can be a maddening balancing act of blessings and burdens, gratitude and bitterness, joys and sorrows, love and fear, optimism and wistfulness. Each day we awaken is a new opportunity - and choice - to begin again, trusting in the unrelenting power of the Yin Yang dance. It is unlikely we will find a perfect balance; none of us will. But, we remain committed to circling back again and again to what brings us energy, joy and grace. And on our most challenging days we know that tomorrow will always bring a fresh start for us to take pause, choose gratitude, and be in the moment with open hearts as we look ahead with hopeful anticipation.”

- Kathy and Bob Ravinski (LYB community members)

04 APRIL



A FOCUS ON REHABILITATION AND EDUCATION

To date, 1,029 people affected by TBI and 630 students have participated in LYB programs, while thousands more reached and supported through community events, conferences and online resources.

LOVE
YOUR BRAIN.
Y O G A



LOVE
YOUR BRAIN.
EDUCATIONAL CURRICULUM



05 MAY

LOVE YOUR BRAIN YOGA

RESEARCH DRIVEN
ACCESSIBLE
FREE

2017-2018 IMPACT

75 programs

450 classes

634 people served from
the TBI community

7 new states

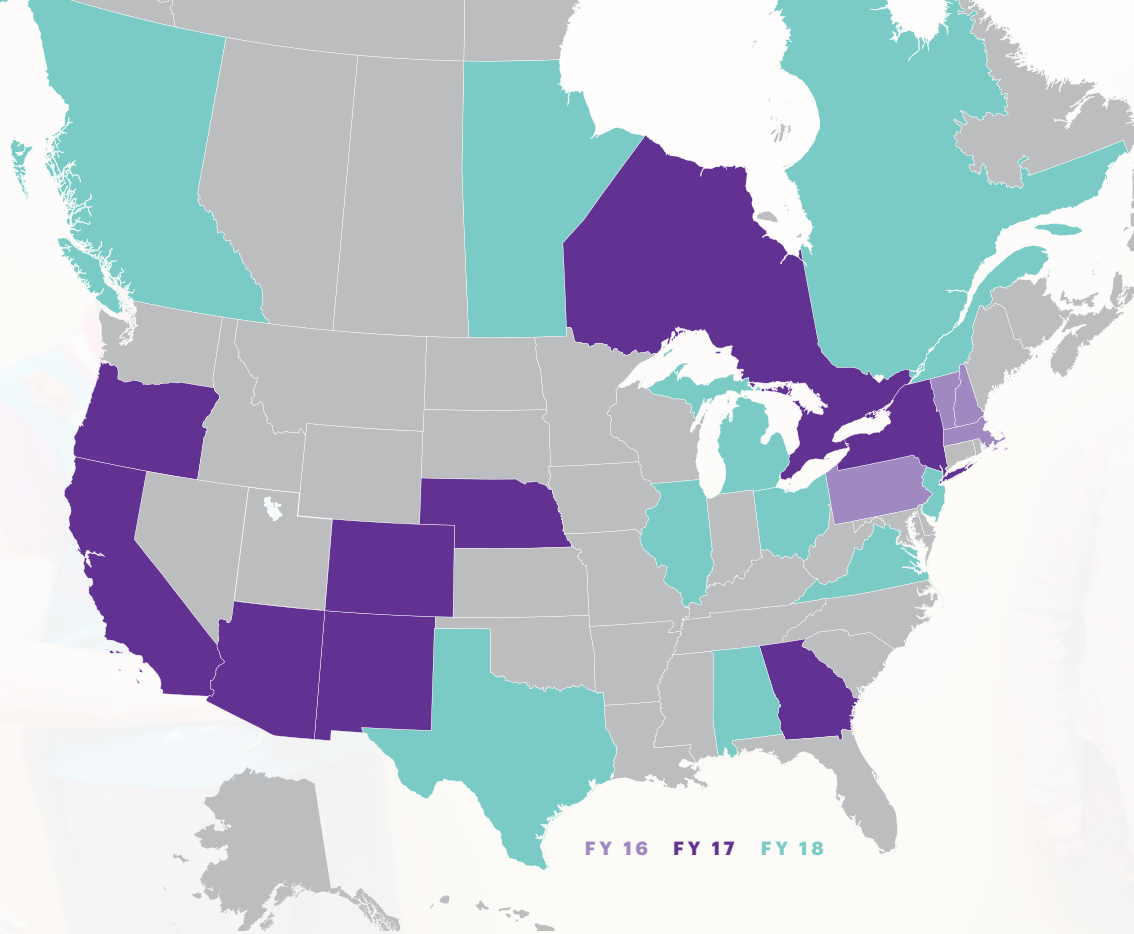
17 new partner studios

6 yoga teacher trainings

250 yoga teachers, clinicians,
and people with TBI trained



06 JUNE



FY 16 FY 17 FY 18

LYB YOGA PROGRAM EXPANSION

Alluem Yoga | ASANA Charlestown | Ashtanga Yoga Montreal | Blue Buddha Healing Arts | Blue Yoga Nyla | Embarque Yoga | evolution yoga | Evolve to Harmony | Falls Church Wellness Center | Hilltop Yoga | Honor Yoga | Hot or Not Yoga NM | Jamie Surya Yoga | Live Beyond Limit | MeMarie | Mighty Yoga Lebanon | Moksha Yoga Peterborough | Moksha Yoga Winnipeg | MOSAIC Yoga North Shore Yoga | PranaShanti Yoga Centre | Real Human Performance | Room to Breathe | Salt Power Yoga | Samadhi Yoga | Sangha Studio | Seven Studios The Atrium | The River | The Yoga Lab | Ume Yoga | Unfold Studio | Union Yoga + Wellness | Urban Wellness | Wake Up Yoga | Yoga Bound | Yoga Yoga

Neuromotion | Origami Brain Injury Rehabilitation | Quality Living Inc. (QLI)



07 JULY

APPROACHING THE WHOLE PERSON

“It helped me challenge myself physically after my fall. I learned new ways to remain calm and focused in tense situations and in every day life.”

- LYB Yoga participant

“I found other people I could relate to with my injury.”

- LYB Yoga participant

“What I found most helpful was poses I could do without getting triggered. A warm supportive space to feel safe in. I could listen to instruction and do yoga with my eyes closed.”

- LYB Yoga participant



08 AUGUST

HARNESSING THE HEALING POWER OF MINDFULNESS, MOVEMENT AND COMMUNITY

People with TBI and their caregivers who go through our 6-week gentle yoga series report significant improvements in cognition, positive affect, resilience, and quality of life.



09 SEPTEMBER



BUILDING RESILIENCE THROUGH SHARED EXPERIENCES

Retreats are designed with an integrated approach using our core pillars: community, mindfulness, movement, and nutrition.

2017-2018 IMPACT

46 people served

28 people with TBI

18 caregivers

97% retention rate



10 OCTOBER

CONNECT HEAL THRIVE

“I have never come across a more genuine, open, compassionate, and inspiring group than the people I had the opportunity to meet at the retreat. I think I grew from each conversation I had that week whether it was opening up about my own journey or listening to anecdotes' from others'. There is something intangible about interacting with people that share a common bond as personal as being affected by TBI.”

-Retreat Participant



11 NOVEMBER



EMPOWERING YOUTH TO ADOPT A LOVEYOURBRAIN MINDSET

During 2017-2018, the LYB Educational Curriculum was implemented in 4 schools serving 630 students across 3 states.

“*After watching The Crash Reel, I will change the way I look at people. You never know what they have been through.*”

- 17 year old student



12 DECEMBER



There is no better feeling than to witness the transformation of so many individuals whom we have served through our programs. We continue to be struck by the suffering endured by so many people impacted by TBI, but even more inspired by the resilient and positive human spirit that is embodied by our community. We are incredibly proud of our team, of the TBI community and all of you who continue to support us in making the invisible visible.

In loving kindness,

Adam & Kevin