Since 2008, YBB has helped thousands of incarcerated youth and adults transform their lives through our trauma-informed yoga and mindfulness programs.

In 2017 our volunteer instructors and teachers behind bars taught approximately 45 classes a week in 17 prisons, jails, and detention centers throughout Washington State.

We serve in varied environments: mental health units, solitary confinement, seniors, veterans, Drug Offender Sentencing Alternative programs (DOSA) and with corrections staff. We work in adult and children’s facilities.

"Your presence reminds us of our humanity and it is my hope that when you speak to others about your work in prison that you remind them of ours. Because sometimes we both forget."

- YBB Student, Monroe Correctional Facility
2017 Budget

Total Income
$552,003*

*Includes $205,631 in-kind service from yoga teachers
* Includes 2 year $185,000 pledge from River Styx Foundation

Total Expense
$338,928

“The yoga class is one of the few positive spaces in prison. Here we actually support each other and lift each other up.

That is extremely rare in our environment.”

YBB Student, Monroe Correctional Complex
Five women at Washington Corrections Center for Women graduated from YBB’s 200 hour Trauma Informed Yoga Teacher Training. Mentorship and continuing education beyond certification was provided to nine graduates from all of our Teacher Training Behind Bars programs. These incarcerated teachers taught an average of 10 classes a week.

28 scholarships for low-income and formerly incarcerated individuals and people of color were made possible by our donors to attend our Trauma Informed Teacher Trainings.


The NOW THIS video about our work went viral, gaining millions of views and prompting us to begin creating an online training program of our work to meet the demand.
“There is so much ugly in here and yoga helps me remember not to give the ugly any value, it’s making my stay in prison easier.”

YBB Student, Washington Corrections Center for Women
Anonymous
Anne Adams
Maureen Andrew
Christine Atkins
Diane Roseman Baer
Jill and Craig Big Eagle
Janet Boguch
Cathryn and Ken Booth-Laforce
Julia Briggs
Samantha Browne
Debbie Campbell
Mary Casey
Kate Causbie
Margaret Clements
Ms. Jody Clovis
Libby Cunningham and Michael O'Leary
John Davis and Kim McIver
Julie Dean
Zoey Diaz
KC Dietz
Kate Donnelly
Andrea Duflon
Cedra Duflon-Heide
Ann DuMez-Matheson
Yarrow Durbin
Jean Edelhertz
Stacey Engle
Jessica Frank
Katie Garrow
Erica Ginsburg
Beth Glosten
Muguette Guenneguez
Richard Gurdjian
Leah Zaccaria
Yvonne Hall
Elizabeth Halsted
Katie Halsted
Peggy Hanel
Lori Hansen
Jenny Hayo
Nori Heikkinen
Dee Marie Hein
Annie Helwett
Doug Honig
Cheryl Hutmacher
Angel Johnson
Mark Johnson
Kathryn R Jones
Nico Kagedan
Kris Kaminishi
Elizabeth Keiser
Arca Keyser
Nick Koveshnikov
Laura Landfair
Maureen Lee
Mark Lewin
Dorothy Ling and Mark Deweirdt
Lisa Long
Diane Lovejoy
Li and Dave Lu-Porter
Jessica Lucio
Thomas Luhman
Melissa Marsh
Lott Martin
Sarah Matik Anderson
Colleen McEvoy and Pete Colebrook
Beth McManus
Mary McManus
Estela Meza
Laura Michalek
Lisa Mullen
Elizabeth Munk
Romney
Maya and Pierre Nader
Lisa and Peter Nitze
Sean O'Connor
Lauren Padden
Leslie Pasceri
Gwendolyn Payton and John Neeleman
Nikki Pete
Laura Peters
Marianne Pettersen and Charlie Thompson
Juliana Plank
Elizabeth Poh
Deanna Poling
Ellen Posel and Stephen Gockley
Frances Posel
Diana Bonyhadi
Shelly Reiss
Ms Paula Riggert
Tom Riley
Vicki Robinson
Lisa Rosenblatt
Patrick Roux
Jess Rush
Zahr Said
Carol Sanders and J. Loux
Julian Saucier
DJ Schwend
Cynthia Scott
Dave and Sara Sharkey
Cindy Shaw
Don Siegel
Juliana Sloper
Nico Stellner
Kay Stimson
Linda Strout
Erin Stuckey
Rick Stuckey
Tim Sunday
Gina Sundberg
Ms. Mary Sussex
Cody Swift
Leah Swindon
Mary Talevich
Carrie and Steve Troy
Nicole Tsong
Lucie Ury
Amy and Mark
Van Hollebeke
Case Van Rij
Rosa Vissers
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Rafael Soldi
Bill Vesneski
Matt Westerman

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Sideman Family Foundation
Social Venture Partners
Soulcraft Allstars
Sullivan & Sullivan Photography
UW Combined Fund Drive
Vanguard Charitable Endowment Program
Washington Women's Foundation

And the 50+ amazingly generous yoga studio partners throughout Puget Sound!
Deep bow of gratitude to our incredible instructors and community ambassadors for giving their time, presence, and expertise to our students.

Alice S.
Alli D.
Alyssa P.
Alyssa Y.
Amanda G.
Amy V.
Angel J.
Angela P.
Ann C.
Annie F.
Beth G.
Beth T.
Bradley L.
Brian C.
Celina C.
Chris D.
Chris L.
Claire S.
Dani G.
Deb G.

Deb H.
Diana B.
Diane H.
Diane U.
Elizabeth D.
Emily B.
Emily C.
Erica C.
Gwendolyn P.
Hasna A.
Inga R.
J. Bell
Janell H.
Janice R.
Jenn L.
Jen O.
Jennifer S.
Jenny H.
Jess F.
Jessica C.
Jo B.
JoAnn H.
Jodi S.
John D.
Johanna W.
Joy S.
Julie D.
Kay C.
Kelsy L.
Kim D.
Krishna T.
Laura B.
Laura P.
Laurel R.
Lauren B.
Lauren M.
Leah S.
Lené K.
Lo N.
Lydia L.
Maggie W.
Malory G.
Marty S.
Mary Jane D.
Maureen A.
Maureen K.
Maya N.
Meg S.
Megan T.
Morgan B.
Natalie C.
Natalie W.
Nydelis O.
Oriana L.
Patanjali d.
Patti S.
E. Rainey
Rayna Q.
Rebekah S.
Rena H.
Rosa V.
Rose W.
Ruth H.
Sally A.
Samara S.
Sandie D.
Sarah L.
Sarah R.
Sarah T.
Sarah W.
Seth B.
Stephanie B.
Subba C.
Susana L.
Todd G.
Vanessa S.
Wendy G.
Will Y.
William W.

Other Volunteers
Jess Rush
Shimon Alkon
Marissa Mckown
Celina Meza
Alysha Fung Koehler
Patanjali De la Rocha
Amanda Barnett
Michelle McClendon
Erica Sklar
Mary Heil
Jill Carnine
Colleen McEvoy
Kelly Faccone
Matt Westerman

Lead Trainer for WCCW Training
Laura Prudhomme

Guest Trainers
Natalie Cielle
Claudette Evans
Jess Frank
Elizabeth Rainey
Sonja Sivesind
Rosa Vissers
Teresa Wang

Board of Directors
Nicole Tsong
Zahr Said
Cedra DuFlon-Heide
Liz Van Hoy
Sean O’Connor
Kate Garrow
Johnna White
Shveta Ajuha
Nydelis Ortiz
Julian Saucier
Kate (Katherine) Axt
Erin Stuckey
Nico Kagedan
Jeanne Marie Isola
Holly Brauchli
Elizabeth Poh

Interns
Lindsay Kazi
Claire Smith
Elizabeth Dublinski

"It keeps me calm when I am mad."

YBB Student, 13, Echo Glen Children’s Center