Our mission is to resource all self-identifying girls and women to reclaim beauty on their terms by building self-determination and cultivating compassion for themselves and others.

www.embodylovemovement.org
The year in review.

a message from your Founder

Our 2019 was a year of deep listening, emergent strategy, and elevated leadership. We are so grateful to have the opportunity to have been granted funds to update and improve our core curriculum, which now centers on dismantling the internalized systemic oppression that has kept female identified bodies silent and small for far too long. We updated our mission to reflect our evolution, which is now to resource all self-identifying girls and women to reclaim beauty on their terms by building self-approval and cultivating compassion for themselves and others.

Our auditing board consisted of Rosie Molinary, educator at UNC Chapel Hill, author of Hijas Americanas and Beautiful You, and founder of Circle de Luz, RW Alves, co-founder of Bending Towards Justice, Somatic Experiencing Practitioner, and Yoga Therapist, and Michelle Johnson, LCSW, author of Skill in Action and anti-racism trainer. The three helped shape our new mission, curriculum, and trainings.

The second half of our year was filled with growth and positive action, as we hosted 35 facilitators at our fourth annual leadership summit in Dallas, TX, where Dr. Melody Moore and Kerri Kelly, founder of CTZN WELL, along with the aforementioned auditing committee served as faculty for our long weekend in community and collaboration about the direction of our beloved organization.

We launched a new program this year, an online summit, One Love Fits All, featuring 20 guest speakers from the intersections of social justice, body liberation, and yoga and mindfulness practices. Through this effort, we were able to reach hundreds of folks that would not otherwise have access to our programming. We are thrilled to have been able to collaborate with experts like Maris Degener, Anna Guest Jelly, and Linda Sparrowe to up level the conversation around body image and transformative justice.

Over the course of the year, we were able to raise $68,255 in support of our mission. More importantly, we were able to reach over 2,500 people through our services. And all of this with a single employee as part time Executive Director, my friend Dr. Tiffany Denny. I am constantly impressed by the passion, dedication, and creativity of our ELM facilitators and faculty, and for the wisdom and guidance of our board and our trusted consultants. In writing this reflection, I feel thankful, hopeful, and enlivened about our future as an organization, but also for the future of our society. I know that love is a powerful force for change, and I witness great love in action every day as a part of this organization.

In Gratitude,

Melody Moore, Ph.D., RYT-500
Embody Love Movement Founder
Staff

Founder
Dr. Melody Moore

Executive Director
Dr. Tiffany Denny

Faculty
Minta Allred
Ange Atkinson
Melanie Butz
Jenny Campbell
Liz Clift
Dr. Tiffany Denny
Cheryl Donnelly
Delisa Deutsch
Alex Gandy
Jamie Hanson
Anna Lively
Kristie McCourt
Dr. Melody Moore
Elizabeth Ogren
Sarah Pfitzner
Emily Straight
Mindy Tsonas
Kristen Williams

BOARD OF DIRECTORS

President - Brandy Whitmire
Vice President - Wayne Goodwin
Secretary - Caroline Brasch, PhD
Treasurer - Carolyn Collins, LCPC
   Julie Fischer
   Chris Connelly
   Melody Moore, PhD
   Holly Lynch, LPC
   Melanie Butz
2019 Certified Members

Alex Gandy
Allison Roseman
Amanda Millette
Amber Adkins
Amy McNamara
Amy O'Connor
Andrea Vendegh
Angela Atkinson
Angela Michelle
Angela Vehige
Anna Lively
Anne Caldwell
Arleene Finch
Beth Rusk
Brandy Whitmire
Breanne Lovely
Candice Clifford
Carmen Pignotti
Caroline Brasch
Carolyn Collins
Cheryl Donnelly
Cheryl Murphy
Christian Wortham
Claire Boehm
Corinne Sylvestre
Cristin Wipfler
Dana Rose
Daniella Vingelen
Dani Hart
Debbie Brosten
DeLisa Deutsch
Doniya Mourtaza
Elizabeth Ogren
Emily Straight
Erica Morgan
Erika Levy
Eva Shea
Fern L Conn
Gabrielle Mauro
Haica Rosenfeld
Heather Hopper
Helen Webster
Jamie Hanson
Jamie Martin
Jana Kyriakou
Jane Fontaine

Janet Lantry
Janet Thompson
Jen Kraft
Jennifer Given-Helms
Jenny Sparks
Jessica Callicutt
Jessica Latchaw
Jessica Probert
Jill Hance
Jillian Beifuss
Jill Murawski
Jill Troutman
JoJo Enersen
Joy Wiggins
Julianne Schroeder
Julie Fischer
Kali Berglund
Karen Gilmour
Karina Gallant
Kat Debettencourt
Katherine Murphy
Katherine Wilson
Kati Atkins
Katie Trevorrow
KC Johnson
Kelly Mitchell
Keri Trofa
Krista Ketcham
Kristen Williams
Laura Denman
Laura Spaccavento
Leigh Ann Hamlin
Lesley Ramsey
Leslie Gill
Leslie Prince
Liz Clift
Lora Brandt
Lori Lee Virnig
Mackenzie Cohane
Maria Sosa
Marissa Knox
Mar Ramirez
Mart Lawrence
Mary Castle
Meagan Shoults
Melanie Butz

Melita Schuster
Melody Moore
Michelle Crawford
Michelle Landsberger
Mindy Tsonas
Minta Allred
Nadya Waziri
Nazli Ozek
Nicole Platt
Phyllice Kessler
Polina Asenova
Prudence Levy
Rachel Cole
Rachel Dunn (Ouwinga)
Rebecca Ginnetti
Robin Korevaar
Robyn Baker
Robyn Keller
Roxanne Duprey
Sabrina Spotorno
Sami Patterson
Sarah Voth
Schawann McGee
Soleina Robinson
Stephanie Bersh
Stephanie Zorn
Susan Herring
Susie Fergus
Tara Whitney
Taylor Seideman
Tiffany Denny
Venise Mule-Glass
Yasmin Faisal
Zoe Calverley
Zoe Kromer
We offered facilitator training to 75 new self-identified women and certified 47 facilitators in 2019 to further our movement and empower a new group of Revolutionaries.

We are thrilled that 76 certified facilitators renewed their membership and continue to offer workshops in their communities!
Our first year with our newly structured membership program for Facilitators was a success! We served 2,403 women with our budget of $68K, bringing our numbers served by dollar to an all time low.

Program Participants by Age

- Adults: 719
- Teens (12-18): 435
- Kids (7-11): 249
2019 LEADERSHIP SUMMIT
At our fourth annual leadership summit, we focused on intersectionality, inclusivity, and outreach. In mid September, 35 of our facilitators gathered to share best practices and strategically plan our role in the broader movement to empower girls and women.

Our capacity grew this year as our strategic partnerships with Young Women’s Leadership Academy, the Girl Scouts, and Long Island Children’s Services expanded our reach to more kids!
We are so proud to have offered our first Online Conference, featuring activists, disruptors, educators, authors and trainers from the intersections of social justice, body liberation and mindfulness and movement practices to everyone who wants resources to find self-determined beauty!

This conference was offered for FREE and continues to be given as a resource to anyone in need.
Our new membership model relies on those invested in our programming and their capacity to deliver it to support our core mission! This year, most of our profit came from facilitators seeking training to be able to offer Embody Love Movement workshops and other curricula in their local communities.

$12,073.34 Profit

One Love Fits All online summit procured $6K in sponsorships and the rest in individual donations!
Donors

**Embody Love**
$10,000 and up
Lululemon

**Spread Love**
$5,000 and up
Kelli Herd

**Live Love**
$1,000 and up
Beth and Brian Rusk
Brandy Whitmire
Carolynn Moore
Holly Lynch
Maggie Howell
Margie Terrell
Stephen Terrell

**Give Love**
$500 and up
Carolyn Collins
Chris Connelly
Julianne Schroeder
Julie Fischer
Melanie Butz
Melody Moore
Sophia Olivia Madaffari
Wayne Goodwin

**Be Love**
$250 and up
Anna Guest-Jelley
Caroline Brasch
Cheryl Donnelly
Emily Straight
Jamie Hanson
Kraft Family Foundation
Jill Murawski
Kate Lino
Stephanie Setliff
Vicki Niedermayer

Angela Betasso
Anne Dunn
A Palmer
Autodesk Foundation
Breanne Lovely
Carmen Pignotti
Carolyn Collins
Chasity May
Christy El Hage
Dana Rose
Elaine Wacholz
Elyse Sullivan
Hatiruzezi Munetsi
Jana Kyriakou
Jill Troutman
Karen Gilmour
Kathleen Reily
Khadijah Hall
Kim Verriere
Kristen Pereira
Laurie Gibbons
Lisa Cohen
Mary Kiss
Meagan Shoults
Michelle Crawford
Robyn Baker
Rosie Molinary
Sarah Beston
Sarah Pfitzner
Sonya Spriggs
Susan Staley
Tiffany Denny

We have made every effort to ensure accuracy in the listings; however, errors sometimes occur. If you should notice any mistakes, please accept our apologies and notify us so we can update our records.

**Love**
Alison Pfitzner
Alysha Allen
## 2019 Income

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Love Fits All</td>
<td>$12,202.62</td>
</tr>
<tr>
<td>Grants</td>
<td>$10,000.00</td>
</tr>
<tr>
<td>One Time Gifts</td>
<td>$5,325.00</td>
</tr>
<tr>
<td>Recurring Gifts</td>
<td>$6,205.00</td>
</tr>
<tr>
<td>Store</td>
<td>$2,559.21</td>
</tr>
<tr>
<td>Membership/Cert Dues</td>
<td>$16,163.00</td>
</tr>
<tr>
<td>Programs Income</td>
<td>$3,550.00</td>
</tr>
<tr>
<td>Leadership Summit</td>
<td>$6,200.00</td>
</tr>
<tr>
<td>Facilitator Training Part 1</td>
<td>$2,440.00</td>
</tr>
<tr>
<td>Facilitator Training Part 2</td>
<td>$3,168.00</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$67,812.83</strong></td>
</tr>
</tbody>
</table>
## 2019 Expenses

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operating</td>
<td>$11,764.57</td>
</tr>
<tr>
<td>Curriculum Development</td>
<td>$9,000.00</td>
</tr>
<tr>
<td>Advertising/Marketing</td>
<td>$407.50</td>
</tr>
<tr>
<td>Store</td>
<td>$6,511.60</td>
</tr>
<tr>
<td>Social Media</td>
<td>$543.71</td>
</tr>
<tr>
<td>Facilitator Training</td>
<td>$4,689.62</td>
</tr>
<tr>
<td>Leadership Summit</td>
<td>$16,283.67</td>
</tr>
<tr>
<td>Seed Programs Payout</td>
<td>$3,085.00</td>
</tr>
<tr>
<td>Scholarships Payout</td>
<td>$1,975.00</td>
</tr>
<tr>
<td>Insurance</td>
<td>$1,605.00</td>
</tr>
<tr>
<td>Office Supplies/Software</td>
<td>$3,505.61</td>
</tr>
<tr>
<td>Payroll</td>
<td>$27,193.06</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$86,564.34</strong></td>
</tr>
</tbody>
</table>
### 2019 Balance Sheet

**Embody Love Movement**

**Balance Sheet**

As of December 31, 2019

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
</tr>
<tr>
<td>Bank Accounts</td>
<td></td>
</tr>
<tr>
<td>Business Checking</td>
<td>-54,602.85</td>
</tr>
<tr>
<td>CHK (7847)</td>
<td>57,916.98</td>
</tr>
<tr>
<td>Flipcause</td>
<td>53,897.89</td>
</tr>
<tr>
<td>Total Bank Accounts</td>
<td>$ 57,212.02</td>
</tr>
<tr>
<td>Accounts Receivable</td>
<td></td>
</tr>
<tr>
<td>Accounts Receivable (A/R)</td>
<td>0.00</td>
</tr>
<tr>
<td>Total Accounts Receivable</td>
<td>$ 0.00</td>
</tr>
<tr>
<td>Total Current Assets</td>
<td>$ 57,212.02</td>
</tr>
<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td>$ 57,212.02</td>
</tr>
</tbody>
</table>

**LIABILITIES AND EQUITY**

| Total Liabilities        |             |
| Equity                   |             |
| Opening Balance Equity   | 42,866.05   |
| Retained Earnings        | 32,655.08   |
| Net Income               | -18,309.11  |
| Total Equity             | $ 57,212.02 |
| **TOTAL LIABILITIES AND EQUITY** | $ 57,212.02 |

*Wednesday, Jan 22, 2020 09:10:17 AM GMT-8 - Accrual Basis*
Practicing Gratitude…

All of us at Embody Love Movement Foundation are so grateful for and inspired by your support. Your kindness, love, and generosity gave us courage, and opened us up to the possibility for positive change within our organization so that we can continue to serve our purpose in this world.

So thank you for taking this journey with us and we hope that you will continue to grow with us as we grow with you.
Be with us.
Join the revolution.

• Dismantle internalized body oppression through self-LOVE
• Spread LOVE through conversations grounded in respect
• Become a Certified Facilitator and Member
• Become a Revolutionary through participation in one of our workshops
• Volunteer your time for one of our projects or office management
• Donate space to host an Embody Love Movement workshop or fundraising event
• Start a Club at your school or mentor a student in starting their own
• Contribute financially through a monthly giving circle, a one time gift, employer match, or sponsorships at one of our fundraisers

To join us on this miraculous journey visit us at:

embodylovemovement.org
EMBODYLOVEMOVEMENT™

Melody Moore, Ph.D., E-RYT
Founder and Board Member

melody@embodylovemovement.org

embodylovemovement.org