

**2023**  
**IMPACT**  
**REPORT**



## OUR MISSION

To teach social-emotional resiliency through the practice of mindfulness.

## OUR VISION

Resilient communities nurtured by individuals with self-awareness and compassion, regardless of their past experiences.

## BOARD OF DIRECTORS

Tiffany Noll Yurasits, UKG - Board President  
Cheryl Kienzle, Retired - Vice President  
Kelsey Gasper, St. Luke's University Hospital - Secretary  
Dave Erickson, BSI Corporate Benefits - Treasurer  
Angie Andresen, Pinebrook Family Answers  
Subhajit Ghoshal, Air Products  
Shonda Moralis, Mindful Empowerment Coaching & Psychotherapy  
Denise Veres, Founder & Board Member Emerita

## SHANTHI PROJECT STAFF

Kimberly Hopkins, Executive Director  
Michelle Beil, Finance Director  
Sarah Dennehy, Director of Programs  
Lauren Drabenstott, Marketing Consultant  
Dan Massaro, Research & Development Coordinator  
Shauna Williams, Workplace Mindfulness Trainer

School-Based Instructors & Workplace Trainers:  
Jo-Ann Devereaux  
Marguerite Nicosia

Mindfulness Instructors:  
Sally Kraft  
John Hawkins  
Jocelyn Hontz  
Dona Jones  
JoEllen Millspaugh  
Susan Morelock  
AnnMarie Serfass  
Sara Timofeev

We gratefully acknowledge the contributions and years of service of departing staff and board members: Georgia Bomgardner, Kristin Baxter, Karim Mendoza Brown, Venkataramanan Ravi, and Maureen Wendling.

Dear Friends,

2023 was a year of transformation and change for Shanthi Project. Transition was all around us—with an outgoing Executive Director, the interim return of our organization’s founder, and my introduction as the head of Shanthi Project. Despite this flux, we were proud to build on the significant contributions of years past. And throughout, Shanthi Project’s mission has remained strong: unfailing service and commitment to building a more resilient and peaceful Lehigh Valley.

Looking back at where we’ve been, we couldn’t be prouder. We’re setting our sights now on where we know we can go. Ahead of us, we clearly see the potential to create long-lasting, meaningful change.

Over the past year, we have continued to provide our community with the life-changing tools and resources that are necessary to navigate adversity. With strong new motivations, and an influx of fresh ideas, we look forward to evolving and growing together.

We all know that a single, silent moment has the power to cultivate mindfulness; likewise, our ability to stabilize during 2023 has allowed us to draft our blueprints for building to new heights. As always, thank you to the heart of Shanthi Project: our passionate and dedicated staff, instructors, Board of Directors, and committed supporters who were with us every step of the way.

On the following pages, you will learn more about our work and its impact on our communities. And while the data we collect offers useful insights, it doesn't provide the whole story. The true depth and significance of our mindfulness programming can be found in the individual experiences of our instructors, classroom teachers, district administrators, and parents, along with the adults and children we directly serve. I hope we’ve captured a glimpse of that here, however small—along with our deep gratitude for the supporters and partners who help us deliver our essential mission, one breath at a time.

Kimberly Hopkins  
Executive Director  
Shanthi Project



# SCHOOL-BASED IMPACT

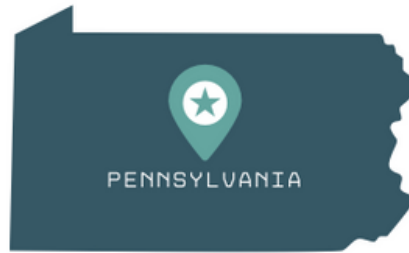
BASED ON THE 2022-2023 SCHOOL YEAR

172 CLASSROOMS | 4,000+ STUDENTS

7 AFTER-SCHOOL PROGRAMS & 6 SUMMER CAMPS

→ 14 SCHOOLS

→ 5 SCHOOL  
DISTRICTS



- BETHLEHEM
- EASTON
- EAST PENN
- NAZARETH
- NORTHERN LEHIGH

25 MINDFULNESS FOR EDUCATORS SESSIONS

## WHAT THEY'RE SAYING



Our kids are different people. This is what I hear from our teaching staff after their students receive mindfulness programming from Shanthi Project. The students are more relaxed. They count breaths and they send kind thoughts. Our students and staff are healthier, happier, calmer, and more focused as a result of it.

— Melissa Sonnenblick, MEd School Counselor  
Cheston Elementary School



My students thoroughly enjoyed Shanthi this year and made many comments about how they are able to incorporate things they learned into their daily lives..

— EASD Classroom Teacher



# SCHOOL-BASED IMPACT

## BASED ON THE 2022-2023 SCHOOL YEAR

In 2023, we continued collecting data from our Calm+Kind+Focused in-class mindfulness sessions, allowing us to quantify our impact on the students we serve. In a standardized collection of data across nine different Lehigh Valley elementary and middle/intermediate schools, we found significant impact associated with our programming:

**97%**

of teachers rated their students as having moderately to extremely benefited from our in-class mindfulness programming

**89%**

of students participated in class all or most of the time after our programming

**83%**

of students moderately to extremely improved across 5 core SEL competencies: self-awareness, self-management, social awareness, relationship skills & responsible decision-making

**79%**

of students improved moderately to extremely in behavioral and emotional control

“Some children get emotional on the last day of our mindfulness lessons, and one boy really stands out for me. I used a finger puppet cow when I taught the animal brain, which he thought was adorable. He didn't want to participate in our mindful movements, so I let him hold the cow each time I taught. He'd make it move and dance, while smiling from ear to ear.

As I was wrapping up, he said, "I don't want mindfulness to end. I want you to teach more fun stuff. How will I ever see my cute cow again?"

It was an incredible feeling to see the impact we have in our students' lives. I couldn't resist, and I gave him the cute cow. He returned it to me, saying I needed to use it again with the new friends I teach.

—Jo-Ann, Shanthi Project Instructor



# SCHOOL-BASED STORIES & HIGHLIGHTS

## STUDENT ZEN ZONE

Donegan Elementary School,  
Bethlehem Area School District

The Student Zen Zone at Donegan Elementary was unveiled in Spring 2023. The room, funded by St. Luke's and designed by Shanthi Project and Donegan staff, is a quiet, dedicated space for students to learn self-regulatory strategies and practice mindfulness. Students are referred to the Zen Zone and scheduled for 15-minute visits, up to three times per week (based on needs). Our Director of Programs, Sarah Dennehy (pictured below), currently sees 25 students per week in the Zen Zone. A licensed behavioral specialist, Sarah has been teaching mindfulness at Donegan for the past three years and is a familiar, friendly face within the school.

During their time in the Zen Zone, students learn strategies that can easily be practiced in the classroom, at home, and in their communities.

The Student Zen Zone aligns perfectly with Shanthi's mission, and we are honored to be an integral part of Donegan's fabric.



# SCHOOL-BASED STORIES & HIGHLIGHTS

## CONNECTED CLASSROOMS

Pilot Program, Year Two

This year, we are in the second round of our pilot program, Connected Classrooms. Designed as a resource for teachers who've completed our Calm + Kind + Focused foundational mindfulness program, Connected Classrooms helps them establish and execute daily mindfulness routines, student check-ins, and short mindfulness activities. Each month, we provide teachers with instructions, materials, and resources on a private portal, and a dedicated Shanthi Project instructor touches base as a mindful mentor throughout the school year.

**Forty classrooms in two separate schools participated in our pilot of Connected Classrooms program in 2023.**



## MINDFULNESS PEP RALLY

March Elementary School  
Easton Area School District

In anticipation of our in-class mindfulness sessions, March Elementary welcomed us with a bang. In October, the entire school assembled for a mindfulness-focused pep rally. With everyone gathered, our Director of Programs Sarah Dennehy and March's designated mindfulness instructor, Jo-Ann Devereaux, led a few breaths and taught the audience how to sit mindfully. The audience talked about what mindfulness is, practiced mindful movement together, and ended with a final, intentional Shanthi breath. Students inhaled and exhaled deeply and mindfully while finger-tracing our signature Shanthi Project swirl!



# COMMUNITY-BASED IMPACT & HIGHLIGHTS



9 SHANTHI@WORK PROGRAMS  
25 MINDFULNESS FOR EDUCATORS SESSIONS  
4 CONFERENCE PRESENTATIONS  
15 HOSPITAL-BASED MINDFULNESS WORKSHOPS

## NORTHAMPTON COUNTY JUVENILE JUSTICE CENTER

Shanthi Project continues to teach trauma-informed mindfulness and yoga to the children at the Juvenile Justice Center. A keystone of Shanthi's mission since our inception in 2010, our programming at the JJC helps reduce stress and anxiety and increase self-control and wellbeing among those incarcerated. Our curriculum covers mindfulness topics ranging from basic introductory lessons, such as mindful listening, to more advanced teachings regarding emotional awareness. Each session incorporates mindfulness and a trauma-sensitive yoga practice.



**Shanthi Project conducted 60 trauma-informed mindfulness and yoga sessions to resident youth this year.**

## YOGA FOR EVERY BODY

We partnered with Lehigh University Art Galleries this fall to embrace wellness, mindfulness, and the connection between body and nature through a series of outdoor yoga sessions. Led by Shanthi's own Susan Morelock, each session welcomed individuals of all ages, fitness levels, and backgrounds to create an inclusive atmosphere where everyone could find their own path to balance and serenity.





## WORKPLACE WELLNESS

In 2023, we continued enhancing our workplace wellness program, Shanthi@Work. Our sessions with certified mindfulness experts help increase focus, reduce job-related stress, and improve productivity in work environments.



# 565

PROFESSIONALS SERVED  
BY **SHANTHI@WORK** IN 2023

## WHAT THEY'RE SAYING



“

I came into this without much background, so it all was valuable content. More of these programs should be offered to employees as a way to help employees' mental well-being and as a way for companies/institutions to acknowledge the lingering effects of the pandemic.

– *Carla Kologie, Program Coordinator  
Lehigh University*

“

Thank you for your kindness and comfort during this workshop - I didn't want it to end!

– *Emily Connors,  
Valley Youth House*

**WE ARE GRATEFUL FOR OUR 2023  
SUPPORTERS & COMMUNITY PARTNERS:**



Our work wouldn't be possible without the generous support of our individual donors, whose generosity goes **above and beyond** in helping us achieve our mission.

Thank to our dedicated staff, volunteers, donors, and corporate and community partners. We extend our sincerest gratitude to you!

## THE FUTURE IS BRIGHT!

There are exciting plans on the horizon, and we look forward to elevating our mission to new heights next year. Here is a glimpse:

A new Strategic Programming Plan designed to serve more children & deepen our impact

An enhanced training program to prepare Shanthi's next cohort of community presenters

Expansion and marketing campaign for our Shanthi@Work mindfulness services

Development of a new three-year Strategic Plan for the organization

Launch of an experiential membership program

Added dates for our community outreach event series, Shanthi After Hours

## FINANCIALS

### Fiscal Year July 1, 2022 to June 30, 2023

Total Revenue and Support - \$373,311

- Private, Corporate, & Government Grants - \$224,434
- Program Service Fees - \$121,915
- Contributions - \$26,962

Total Expenses - \$341,737

- Program Service - \$276,715
- Salary Administration - \$65,022

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