



# ANNUAL REPORT 2018

Healer Within Foundation

27 West Anapamu St. #430

Santa Barbara, CA. 93101

[HealerWithinFoundation.org](http://HealerWithinFoundation.org)





## MISSION

Healer Within Foundation advances community-based Qigong/Tai Chi and other self-healing, body-mind-spirit practices through collaborations with individuals and organizations, to sponsor training, community practice groups and research.

## VISION

A world of self-healing, wellness and vitality.

# 2018: GROWTH & FOCUS

**Tai Chi Easy™ Dissemination Project** - Development of a concerted plan focusing on the sustainability and longevity of the Healer Within Foundation. Initiatives include:

- **Practice Leader Training** - 2018 brought a significant increase in programs, as the Foundation sponsored 18 Tai Chi Easy™ Practice Leader training events across the US and India. These training events certified a record 333 new Practice Leaders with an additional 50+ individuals attending as refresher students.
- **Community Practice Groups** - We're growing a nationwide network of community practice groups. 53 groups are currently listed on the HWF website whose leaders offer a low-cost or donation-based practice in their communities. We offer an education portal for leaders to network, share excitement, techniques, ideas, and resources.
- **Sustainability Plan** - Providing the infrastructure to support Tai Chi Easy™ Dissemination, Community Practice Leaders and groups. Advancing the mission, through sustainability of the Healer Within Foundation, its programs and their impact in communities throughout the world.

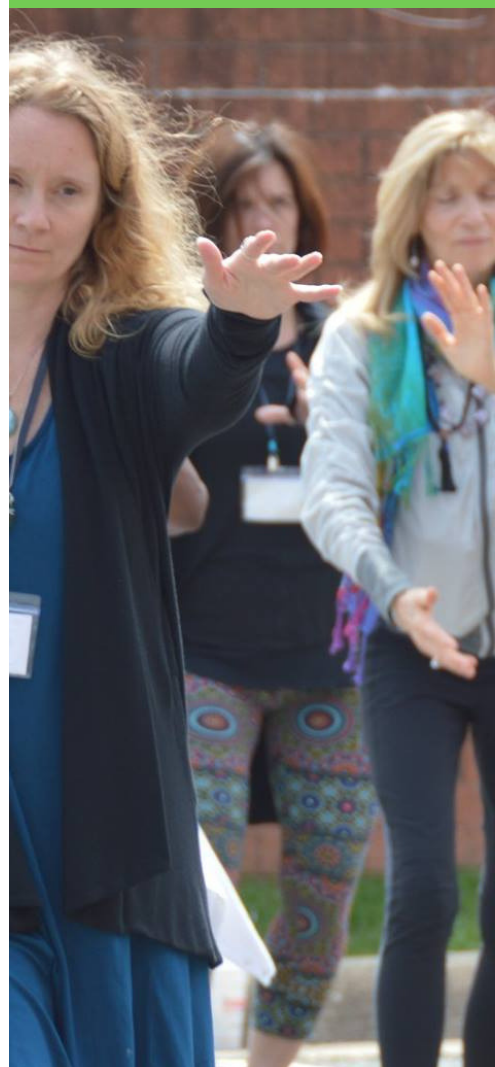
**Trainee Support** - A Community Practice Group Work Team was formed to better support new Tai Chi Easy™ Practice Leaders and scholarship recipients. This volunteer team mentors new trainees as they establish new practice groups in their communities.

**Communications** - The development of organizational-based training information, publishing a monthly electronic newsletter and offering virtual, 5th Saturday on the Cloud gatherings rich in content and valuable information.



"I feel empowered to share this amazing healing practice with my community. So much growth in just a few days. Amazing!"

- Ellen M., Michigan



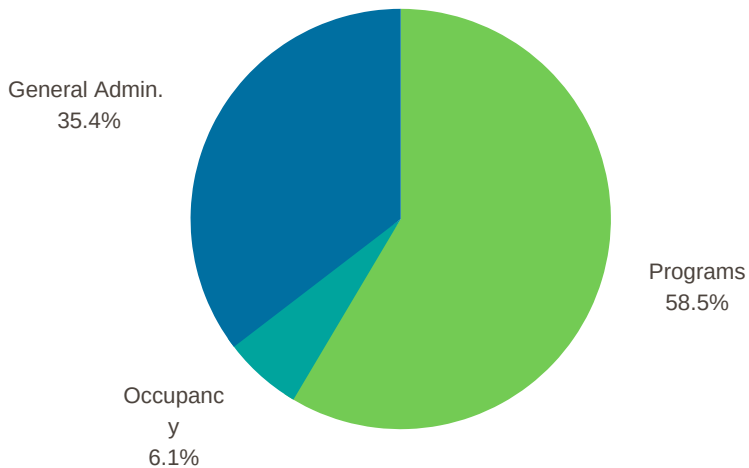
# FINANCIAL OVERVIEW

Healer Within Foundation prides itself on being a fiscally responsible charitable organization. Achieving dramatic growth while continuing to hold down administrative costs, highlights this commitment to efficiency.

## 2018 EXPENSES BY CATEGORY

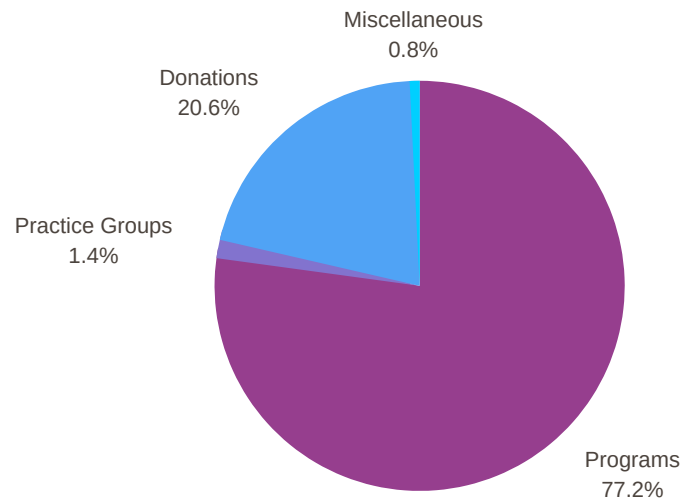
Total Expenses for 2018 = \$188,092

Program expense includes training team compensation, educational materials/license fees and other event-specific costs.



## 2018 INCOME BY CATEGORY

Total Income for 2018 = \$189,055



## SUSTAINABILITY & INFRASTRUCTURE

Our board of dedicated volunteers work together with the Programs, Sustainability and Community Practice Group volunteer work teams and a staff of one. HWF operates lean, but is growing to empower individuals and revolutionize health care!

## PAYING IT FORWARD

Healer Within Foundation awards a number of training scholarships each year. These funds help to make training available to more individuals while also contributing to the dissemination of Tai Chi Easy™ and other self-healing practices. Scholarship recipients are asked to pay it forward in their communities by establishing a low cost or donation-based practice group. This continuation of giving expands the reach of our scholarship dollars far beyond the recipient.



"My expectations for the quality of the Tai Chi Easy™ Practice Leader program were far exceeded. The trainers of the course were absolutely superb and simply oozed enthusiasm and professionalism."

- Dale A., Tennessee



### Board Members

Dr. Kalind Bakshi, Chalfont, PA  
Dr. Kinnari Bakshi, Chalfont, PA  
Denise Fecketter, Poughkeepsie, NY  
Benjamin Felcher Leavitt, White Plains, NY  
Antoinette Horn, Vice President, Rocky River, OH  
Roger Jahnke, Co-Founder, Santa Barbara, CA  
Diane Ramftl, Atlantic City, NJ  
Edwin Vaughn, Irvine, CA  
Josie Weaver, President, Sunnyvale, CA  
Ping Yang, Centerville, OH  
Theda Zawaiza, Bethesda, MD



Training thousands to improve the health of millions.

### Emeritus Members

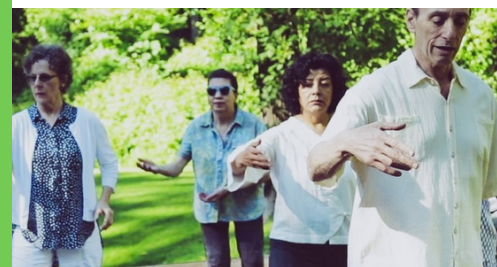
Rebecca McClean, Co-Founder, Santa Barbara, CA  
John Middlebrooks, *Deceased*  
Daniel Weicher, Katonah, NY

### Staff

Christie Ward, Director of Operations, Lincoln, NE



WHO  
WE ARE



### 2018 HWF Sustainability Circle Members

Deborah Adams  
Kalind Bakshi  
Kinnari Bakshi  
Robin Brooks  
Leslie Cook  
Amy Dahan  
Jana Eshagian  
Denise Fecketter  
Lorrie Formella  
Michael Fortier  
Antoinette Horn  
Bradley Horn  
Roger Jahnke  
Jessica Kolbe

Linda Larkey  
David Lehman  
Cynthia Maltenfort  
Maulik Mankad  
Marina McIsaac  
Rebecca McLean  
Kevin Merrigan  
Genny Moreno  
Srinivas Murthy  
Andrew Ogden  
Richelle Rapaport  
Erin Reas  
Eileen Reed  
Diane Ramftl

Roxanne Reynolds  
Marcia Schrottenboer  
Trish Shade  
Henderson Smith, Jr.  
Brian Trzaskos  
Edwin Vaughn  
Josefina Weaver  
Daniel Weicher  
Jennifer Weiss  
Ivan Welch  
Bob Wolfe  
Ping Yang  
Theda Zawaiza

HWF Sustainability Circle Members have made a commitment to the Tai Chi Easy™ Dissemination Project and the overall sustainability of the foundation through Community Practice Group donations, monthly contributions, annual pledge or participating in a Practice Leader training event as a Senior Trainer, Co-Leader or Local Project Manager. **We wish to thank all of our donors for their continued support!**