



 Meditation Farm
Cultivating Mindfulness



ANNUAL REPORT - 2019

VISION & MISSION

Vision:

Meditation Farm is a nonprofit public benefit organization dedicated to the global mission of creating a more peaceful and stress-free world. This will be accomplished through our educational programs and community service initiatives. Our vision is to help individuals go beyond daily stress & anxiety and discover a life of peace, purpose and happiness.

Mission:

The mission of Meditation Farm is to combine yoga, meditation, and psychology to create a series of education and wellness programs that offer practical solutions for dealing with daily stress, depression, anxiety, and lifestyle issues.

ISSUES ADDRESSED

The key issues addressed through our programs are stress and stress-related issues of fear, depression, anxiety and addiction, and lifestyle-related issues of obesity, hypertension, chronic stress, gastrointestinal problems, and heart disease.

Meditation Farm does not intend to replace or undermine medical interventions. Rather we offer supplemental wellness and healing programs to help individuals take control of their health, happiness and well-being.

In addition to working toward offering programs to manage and solve the above issues, we design and deliver programs to develop creativity, intelligence, self-discipline, parenting skills and leadership in individuals.

OUR WELLBEING PROGRAMS

Nirvana: “Nirvana” is a program designed to help adults manage daily stress and stress-related issues. The program offers practical wisdom and techniques for developing a happy and vibrant lifestyle. Nirvana is offered both online and in person at various locations across the country.

Ahamo Yoga: “Ahamo Yoga” offers authentic, ancient Indian yoga for physical and mental wellbeing. The program combines Vinyasa, Hatha, and Ashtanga yoga to offer a complete solution for balancing body energies and preventing and curing lifestyle diseases. The program is offered both online and in person at various locations across the country.

Retirement Om: “Retirement Om” is a program designed for the 55+ age group. The program offers breathing exercises for relaxation, gentle yoga exercises for strength and flexibility, techniques for improving memory and alertness, and meditation for happiness and inner wellbeing.

COMMUNITY SERVICE

Our Community Service Programs:

To further the vision of spreading inner peace and wellbeing across America, Meditation Farm inspires and trains volunteers to take up specific community educational programs. The programs address issues of stress, emotional, physical and mental pain. These programs will be mainly delivered to first responder personnel, staff in hospitals, and inmates of correctional facilities across America.

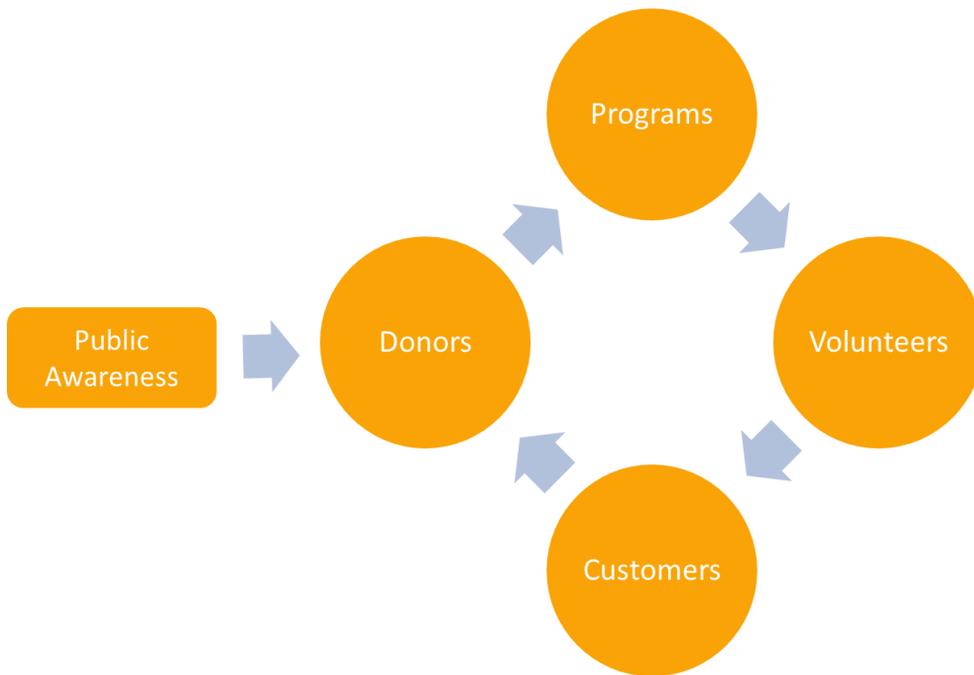
Our Well-Being Retreat Centers:

To offer residential programs and training, we plan to establish wellbeing retreat centers at strategic locations across the country. The centers will be developed as hubs of learning where individuals can participate in longer duration programs and workshops. The centers will also aid in research and development of stress-relief and wellbeing systems.

SOCIAL IMPACT



OUR APPROACH



Public awareness events will be our main source for attracting donors. The contributions received will help in developing and implementing more programs, which in turn will bring in volunteers and customers. The above diagram indicates that the momentum provided by awareness events will lead to an increase in donors, program offerings, volunteers and customers, thereby helping Meditation Farm to create a wider social impact.

FOUNDER'S MESSAGE

2019 has been a good year for the establishment of the necessary groundwork to spread our vision and mission across America.

This is only the third year in America and we have already begun to receive good positive response for our program offerings.

“Nirvana” was launched as an online program to help people deal with their daily stress & anxiety and cultivate a meditative lifestyle.

“Nirvana” gives people an opportunity to take care of their mental health and wellbeing at the comfort of their homes. The online program will also serve as a good source of monetary funds to expand our in person program offerings in the coming years.

“Nirvana” is also a part of our fund raising strategy to support our community service programs. 100% of the online program fees collected through “Nirvana” is dedicated to expanding our community service programs reach.

Our annual monetary contribution for the year 2018 was \$23,475 with overall expenses of \$21,922. Approximately 60% of the contributions were generated through our program offerings.

We will continue to expand our program offerings to reach wider audience in the coming years. The funds generated shall be mainly dedicated towards our community service programs.

We launched “Retirement Om”, “Heavily Meditated”, and “10-8 Meditate” free community service programs this year and we will continue to offer these programs in our local communities.

This year we also took a significant step in increasing our online presence. Thanks to google adgrants initiative, we have been able to significantly increase our web presence. We have also recognized the importance of online content marketing to offer value and generate interest in the online community.

We have identified stress, anxiety, sleep, depression, success & happiness as key wellbeing concerns to be addressed. We will continue to offer useful information to address these concerns both online and in person.

I would like to personally thank all our supporters and contributors in helping us spread our vision of a stress-free America. Thank you for helping us continue our good work.

Regards,

Avinash Ramakrishna
Founder & President