

Stoughton Yoga 2025 Annual Report

Breathe In, Breathe Out, Stay Calm

The beginning of 2025 was a turbulent time. It quickly became clear that the most important thing for Stoughton Yoga to do was to remain a steady and stable sanctuary for all, a true community center.



About Stoughton Yoga

Yoga was never meant to be big business. The tradition and true spirit of yoga is one grounded in kindness, giving, and awareness that we are ALL connected.

What we do

Stoughton Yoga offers a variety of yoga, meditation, physical therapy and mindfulness classes. We host the classes at our studio as well as other locations throughout the greater Stoughton area.

Our mission is to ensure that the Stoughton community has access to quality, affordable and inclusive yoga, meditation and mindfulness classes.

Our Impact on Individuals

- Access to affordable yoga classes led by over 10 instructors.
- Inclusive, accessible yoga offered with props for all body types, ages, and physical limitations.
- Convenient class times during the week.
- Supports physical/mental health and well-being.
- Sense of belonging and acceptance.

Our Impact on Community

- Our studio yoga classes are about half the cost of similar classes in the Madison area providing an affordable local option.
- We eliminate barriers to the practice of yoga by offering classes geared to all body types and abilities in a welcoming environment.
- We are helping to build a culture of health in our community.

Leadership

Stoughton Yoga has an all local Board of Directors who care deeply about the Stoughton community. They also regularly attend our classes. We thank the board for their dedication and service to Stoughton Yoga.

Carrie Kish – President
Tim Bautch – Vice President
Joyce Brehm – Secretary
Amanda Bosky – Treasurer
Bonnie Mezger – Special Projects
Marlene Widra - Director of Operations
Carola Breckbill
Margaret Plotkin
Linda Schaefer



Youth and Teen Programming

With the support of Stoughton Public Library, we continued Family Yoga for ages 6 and up. Additionally, Stoughton Yoga maintained the 5-week yoga session special rate for high school students, \$25 for 5 weeks.

Free and Pay-What-You-Can Classes

Our weekly classes were offered at reduced rates, plus we provided several FREE and pay-what-you-can Community Gift Classes.

A total of 70 Free and Pay-What-You-Can classes were offered in 2025, benefiting 668 participants!

A Classic is Back

After a five year hiatus, we brought back the StoYo/Wendigo Chili Classic, which was a resounding success! Not only did tickets sell out in pre-orders, but it was heartwarming to laugh and break bread with so many yoga friends in a venue other than our yoga studio. We are grateful to Wendigo for welcoming us into their beautiful space once again after several years and thankful for everyone who contributed their time, energy, and spirit to this event.



Beyond the Mat

Yoga is so much more than the poses. It's about seeing the interconnectedness of all beings and recognizing that our actions off the mat can have a big impact on others. With this in mind, Stoughton Yoga hosted a food drive for the Stoughton Food Pantry August 1-16 collecting 183 pounds of food!

Mats to Last

Thanks to a grant from Stoughton Area Community Foundation, we were able to replace our old yoga mats with new mats that are more appropriate for daily public use. We also purchased giant yoga blocks to raise up the floor and help make yoga more accessible for all bodies.



And the Winner Is...

Stoughton Yoga was named Madison.com People's Choice Winner for the second year in a row! This is a significant honor considering that Stoughton Yoga is such a "small fish" in a large sea, but Stoughton Yoga is unique. We operate as a community-driven nonprofit. And rather than a traditional top-down, donor-recipient structure, our approach focuses on solidarity, shared responsibility for sustainability, and creating an inclusive environment.



Community Sponsors

Our gratitude to our Community Sponsors who help us keep our yoga rates affordable.

- Cheesers LoKal Market
- Edward Jones
- Green Road Pottery/Yahara Tea and Chocolate
- Ink Cap Books
- Inkworks
- Inspire Martial Arts
- LSM Chiropractic
- Nazareth Health and Rehabilitation Center
- One Community Bank
- Pizza Pit
- Quick Fix After Hours Chiropractic Care
- Stoughton Family Dental
- Stoughton Health
- Stoughton Public Library
- Stoughton Wellness Coalition
- The Next Generation

Funding Sources

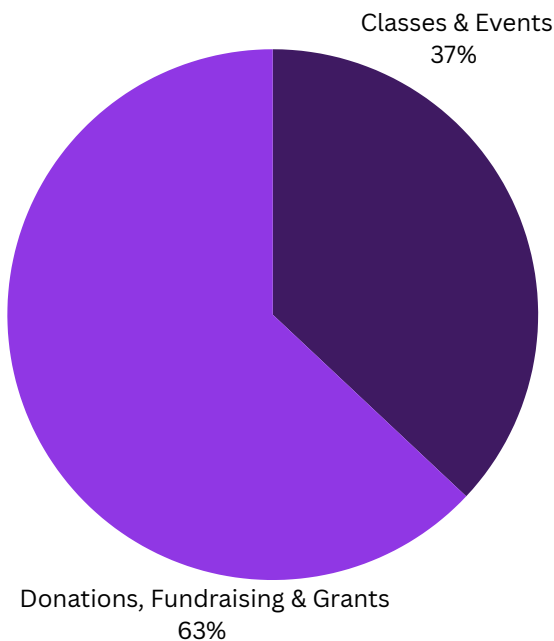
- Grassroots support from individuals
- Partnerships with local businesses
- Yoga students attending our classes
- Fundraising events
- Grants

Sustainer Support

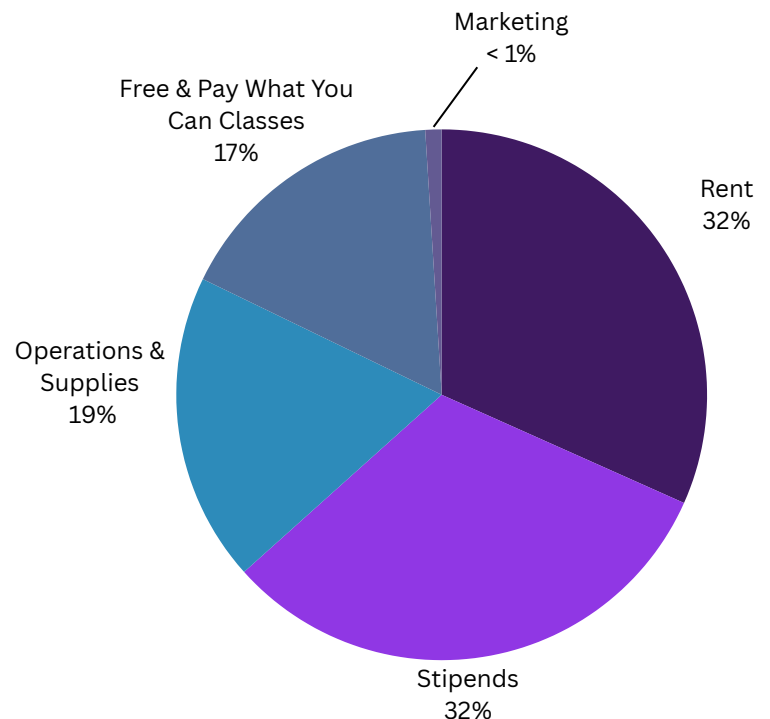
We appreciate the continued support of our Stoughton Yoga Sustainers. Our business model is based on the idea that all of our students who are financially able will voluntarily become Stoughton Yoga Sustainers, donating \$5-\$10 monthly for the benefit of all. We ended 2025 with 68 dedicated Sustainers.

2025 Stoughton Yoga Operations

Income



Expenses



Stoughton Yoga

101 Silverado Drive | Stoughton, WI 53589

stoughtonyoga.org | (608) 572-3555 | info@stoughtonyoga.org

