



Budget Narrative

Imagine's Instructor Development Program (IDP) is designed to develop high-quality Mindfulness instructors through a globally accessible, affordable, and inclusive training. Our financial model and online, intentional delivery enable us to provide equitable and diverse community access. It is rare to find a MBSR instructor development program which provides a pathway of financial support for its trainees. Typical MBSR instructor development certifications cost upwards of \$10,000. We believe that mindfulness initiatives should be within reach to everyone everywhere, regardless of their financial status or geographical location.

Imagine is seeking a \$5,000 grant to support and expand the capacity of our IDP. Our aim is to extend a financial gift of \$1,000 to certify (Level 1) one of our dedicated instructors who has been serving as a lead instructor and Board President on a voluntary basis since 2019. Additionally, we aspire to encourage our network of instructors by providing financial aid to 5-7 current trainees, enabling them to cover all or part of the costs associated with their required silent retreats, which typically range between \$500 and \$1,000 per person. Your generous contribution of \$2,800 will significantly contribute to this initiative.

Based on feedback received over the past two years, our trainees express a desire for a cohort model that facilitates formal learning and mindfulness practice with peers, extending beyond traditional apprenticeship. In response to this need, we are actively developing an ancillary curriculum/practicum. A portion of the grant funds, \$1,000, will be allocated towards this goal. Finally, \$200 will be utilized to bring in an external speaker/trainer. Your support will make a big impact in advancing these aspects of our program.

Partnerships & Collaboration

We are a volunteer led organization. Thus far, our Executive Director, Senior Certified Level 3 Instructor, Certified Mindfulness Instructor (who is also the Director for the IDP) and Fundraiser have volunteered hundreds of hours toward the IDP because we are passionate about our Mission and financial model. We are grateful to continuously collaborate with [Palouse Mindfulness](#).

In 2024, we will pursue a Google Ad Grant which, if awarded, will alleviate some of our budgetary expenses. We will also be applying for additional grants as they are applicable and available. We are interested in exploring partnerships with certified organizations who may be open to offering their silent retreats at a discounted rate to our trainees.

IDP Projected Budget 2024

Line	Revenue	IDP	Description	Grant Request	Status
1	Grants	5,000	Trust for Meditation	5,000	Pending
		0	Google Ad Grant to be submitted in 2024		To be submitted
	Total	\$5,000		\$5,000	
	In-kind		Based on Value of Vol Time Report 2023 https://independentsector.org/resource/value-of-volunteer-time/	0	
	Exec Director	\$5,724	17% of time = 5 hrs/wk x 36 wks = 180 x \$31.80		
	Director	\$11,448	10hrs/wk x 36 wks = 360 x \$31.80		
	Senior Instructor/Supervisor	\$17,172	15 hrs/wk x 36 wks = 540 x \$31.80		
	Fundraising	1,908	60 hrs x \$31.80		
	Total Revenue	\$5,000		\$5,000	
Line	Program Expenses	IDP		Grant Request	
	Staff salaries	1,428	17% of Exec Director Stipend less in kind hrs	0	
	Curriculum development	1,000	Misc. costs for ancillary program developmt	1,000	
	Technology	227	New Zoom accts and Gmails for graduates	0	
	Travel and meetings	0		0	
	Staff and volunteer training	500	1 External speaker/trainer	200	
	Contract services	1,000	External Certification by Ted Meisner	1,000	

	Retreat Assistance	3,500	Avg btwn \$500-\$1000 per person x 7 in 2024	2,800	
	Subtotal	\$7,655		\$5,000	
	General operating (indirect)	x		0	
	Total	\$7,655		\$5,000	
	In-kind				
	Director	\$11,448	10hrs/wk x 36 wks = 360 x \$31.80	0	
	Exec Director	\$4,296	Hours above paid stipend		
	Senior Instructor/Supervisor	\$17,172	15 hrs/wk x 36 wks = 540 x \$31.80		
	Fundraising	1,908	60 hrs x \$31.80	0	
	Total In-kind	\$34,824		\$0	
	Total Expenses	\$42,479		\$5,000	

Budget Breakdown

The projected total expenses (direct and in-kind) for the Instructor Development Program (IDP) amount to \$42,479. To cover this expense, \$34,824 will be contributed through in-kind donations, and an additional \$2,655 will be drawn from Imagine's operating budget. This leaves a remaining funding gap of \$5,000, which we are hopeful to secure through your grant award.

2024 Projected Budget

Imagine 501.c.3 Nonprofit	
EXPENSES	Amount
Google Ads (set at maximum \$100/month)	\$1,200.00
Zoom Nonprofit	\$772.51
Tech Soup for Zoom Nonprofit	\$18.00
Wix Combo Plan / Business Plan	\$300.00
Wix Business Emails	\$648.00
Additional Gmail and Zoom accounts	\$277.00
Wix Ascend Basic	\$120.00
Annual Registration State of CO fee	\$10.00
Registered Agent State of CO fee annual	\$35.00
PayPal Nonprofit Fees	\$356.76
Wix Credit/Debit Fees	\$369.20
Vimeo	\$240.00
Fee for Certification (MBSR Level 2)	\$1,000.00
Fees Speaker/Trainer	\$500.00
Fees for Wix Consultant (CRM)	\$300.00
NEW Designated App from WIX	\$1,668.00
IDP Practicum Curriculum Development	\$1,000.00
Stipend Executive Director	\$8,400.00
TOTAL EXPENSES 2023	\$17,214.47
INCOME GROSS	
WIX Debit/Credit	\$11,291.00
PayPal	\$11,272.31
MSC 6 weeks - Spring Program	\$2,100.00
MSC 6 weeks - Fall Program	\$2,100.00
Misc Matching Donation via Check	\$200.00
TOTAL INCOME GROSS 2023	\$26,963.31
PROFIT/LOSS	\$9,748.84

2023 Year End Budget

Imagine 501.c.3 Nonprofit 2023 YE	
EXPENSES	Amount
Google Ads	\$793.83
Zoom - TOTAL - see 4 invoices	\$622.06
Zoom Nonprofit	\$772.51
Tech Soup for Zoom Nonprofit	\$18.00
Wix Business Emails	\$504.00
Wix Business Emails - imagine@	\$66.88
Wix Ascend Basic	\$120.00
GoDaddy Domain Renewal (not for 2024)	\$59.98
Annual Registration State of CO fee	\$10.00
Registered Agent State of CO fee annual	\$35.00
PayPal Nonprofit Fees	\$356.76
PayPal Old Fees	\$12.95
Wix Credit/Debit Fees	\$369.20
Fee BNY Mellon	\$6.62
Vimeo (J and Kim)	\$240.00
Late Fee Franchise Tax 2020 I Mindfulness LLC	\$648.00
Fees to consultants Ted Meisner for Certification	\$1,000.00
Stipend Executive Director (started July 2023)	\$4,200.00
TOTAL EXPENSES 2023	\$9,835.79
INCOME GROSS	
Wix	\$11,291.00
PayPal Nonprofit ALL	\$11,272.31
PayPal OLD (last deposit 4/1)	\$350.00
NBY Mellon	\$400.00
TOTAL INCOME GROSS 2023	\$23,313.31
PROFIT/LOSS CSM included	\$13,477.52

Imagine

EIN: 35-2766947 | Boulder, Colorado, United States

Form 990-N (e-Postcard)

Organizations who have filed a 990-N (e-Postcard) annual electronic notice. Most small organizations that receive less than \$50,000 fall into this category.

Tax Period:

2022 (01/01/2022-12/31/2022)

EIN:

35-2766947

Organization Name (Doing Business as):

IMAGINE

Mailing Address:

4154 Pleasant Ridge Rd
Boulder, CO 80301
United States

Principal Officer's Name and Address:

Hendrika Meyer
4154 Pleasant Ridge Rd
Boulder, CO 80301
United States

Gross receipts not greater than:

\$50,000

Organization has terminated:

No

Website URL:

www.imaginemindfulness.com