

# imagine

2023-2024

## Impact & Outlook Report

### Empowering and equipping everyone everywhere to flourish through mindfulness.

"This year has been rich in surprises and connections. Looking ahead into a fresh 2024, a lot of amazing things will come into existence, too!"

Barbora Kostrunkova - Board President

Through mindfulness and meditation training we assist you to participate in your own self-care and contribute to your personal growth. Your concentration, creativity, and (self) compassion will bloom along the way.

### Information and Impact

**12**

Live, online  
MBSR classes  
offered

On average our yearly program offerings have increased by 1 class a quarter and our number of participants per program have increased by 2 individuals each class.

**160**

Individuals  
served

This number more than doubled between 2022-2023.

**50**

Countries  
represented by  
our community

Our financial model and online delivery enable us to provide equitable, diverse, and inclusive access, which is included in our core values.

### 2024 Outlook

- Mindful Self-Compassion Program
- Instructor Development Program
- Mindful Parenting Program
- In-person Retreat
- Imagine Connect

### Acknowledgements

Thank you again for being part of the Imagine community! We appreciate your energy, gifts, donations, wishes, prayers, and commitment to keep coming back to the present moment. We have learned from your wisdom and experiences.

