

Take Back the Night Shines Light on Sexual Violence with the National Shine Your Light Yoga Festival on December 12th

Hundreds of studios and fitness centers across the country to hold trauma-informed classes for survivors and their supporters on Shine Your Light Yoga Day 2020

Our communities have been shaken to the core by recent national events, in both visible and invisible ways. Some of these marks on our communities may never come fully to light. [The United Nations Population Fund](#) roughly estimates that there has been a 20% rise in intimate partner violence alone around the world since the start of the COVID-19 shelter-in-place orders. That equates to 15 million additional cases in just the last few months.

Through the National Shine Your Light Yoga Festival 2020, Take Back the Night hopes to shed light on and strengthen survivors who have all too often been denied justice and silenced behind closed doors.

Since the 1970s, Take Back the Night has been supporting survivors of sexual trauma and domestic abuse. It is the oldest international movement fighting to end sexual violence in all its forms. Formed in 1999, the Take Back the Night Foundation (TBTNF) is a volunteer-run 501(c)(3) nonprofit organization. Katie Koestner, the first survivor to speak out nationally and publicly as the victim of “date” (as opposed to “stranger”) rape, brought together activists and long standing participants in TBTN events to create the foundation. To date, TBTN has reached over 10 million people at 800 colleges and communities across the US and in more than 30 countries with its initiatives and evidence-based educational programming.

On December 12th, 2020, TBTN invites communities across the country to show their support and take part in a trauma-informed yoga class at their nearest participating studio or fitness center. The National Shine Your Light Yoga Festival 2020 also includes 8 virtual classes live streamed throughout the day to accommodate up to 80,000 more participants. All proceeds

from the event support TBTN's programs and initiatives, such as the Respect My Red educational program on healthy relationships.

At a time when our communities are in tremendous need of healing and restoration, trauma-informed yoga offers a powerful opportunity for individuals and communities to come together in a safe, welcoming atmosphere to facilitate recovery. Yoga practice teaches us we cannot always control what happens outside of ourselves or in our immediate environments. However, we can control being mindful of ourselves, our bodies, our breath, our thoughts, and our surroundings. Little by little, with dedicated practice, we can start to truly grasp our inner strength and connect with others to affect positive social change, one breath at a time.

For more information about the National Shine Your Light Yoga Festival 2020 or TBTNF, please visit the TBTNF website: <https://takebackthenight.org>. You can also find a list of participating studios and fitness centers near you at <https://takebackthenight.org/yoga>.