



# Mind Oasis



**Annual Report 2020**  
**Connecting a Compassionate Global Community**



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Dearest Mind Oasis Community,

In April 2017, Mind Oasis was born in an Airstream trailer in the desert of Arizona during my month-long silent solo meditation retreat. Four years later, the bones and structure are still close to what I originally envisioned: to create a space where, regardless of location, students, teachers, and community members could connect and engage the contemplative arts.



In 2020, in response to Covid-19 arriving on our doorsteps, the Mind Oasis Board of Directors took immediate action by making our signature Community Meditation program free for anyone wishing to befriend their mind. They then undertook the task of revamping our vision. You could say that in the process we lassoed a new north star of Connecting a Compassionate Global Community. What I love most about our vision is how with every class, meditation session, and collective breath, we are soaring toward that goal.

While there are other online communities that come together to meditate, I see Mind Oasis as different. Our community and offerings are deep, meaningful, and welcoming. While this community is well-known for having fun, it is also steeped in tradition. We have grown organically while offering stellar meditations and guidance. Our companion courses are varied and range from mindful dietary health to yogic philosophy, Buddhist traditions, art, mantra, and more. Our third annual Meditation Immersion this fall is sure to be as potent and inspiring as ever, encouraging folks to amplify and align their life both on and off the cushion. Mind Oasis teachers, guides, volunteers, the Board, and staff give 110% and care deeply about the people who show up in our Temple of Zoom.

The result is a fun, loving, and committed community. We're so happy that you're a part of it.

What's next? Later this year, watch for meet-ups (in real life!) and retreats. Mind Oasis has been delivering mindfulness sessions to school teachers and staff from various school districts. Continuing to grow this supportive channel is an ambition we are focused on into the future. We've also engaged our first ever yoga immersion and it has been met with rave reviews, watch for many more yoga offerings in our future!

Thanks for supporting our mission to bring the timeless benefits of meditation to practitioners worldwide. It is only through collective efforts and dreams that we have come so far in so little time. Your donations, love, support, and willingness to show up for yourself and others is the key to our future and is of benefit to all sentient beings.

**"The mind is the source of all suffering, and it is also the source of all happiness."  
-- Pema Chodron**

Galactic Love,  
Karuna

## Stories from our Community

*We asked our team members and community to share what inspired them to join the Mind Oasis community, what the community means to them, how the vision of Connecting a Compassionate Global Community resonates for them, and what they are most looking forward to in the future with Mind Oasis. Enjoy what they had to share!*

### **Joan Rudnitzki** **Mind Oasis Board of Directors President** **Wisconsin, USA**



I became part of the Mind Oasis Community at the very beginning. I think I was the second person Karuna called after she came out of her month long retreat and decided she was going to change the world by establishing an online meditation community. Karuna and I worked together closely in the nonprofit sector for a number of years. When she asked for help on moving forward with her dream, of course I said yes.

Until I joined the board of Mind Oasis I wasn't familiar with meditation. I can say without a doubt that my association with Mind Oasis and creating a meditation practice has made a significant positive impact on my life. Meditating within a community enhances my practice and truly gives context to the belief that we are all connected through our shared experiences.

We live during a time that is so filled with conflict on so many different levels. Achieving the vision for Mind Oasis, to connect a compassionate global community, is a monumental task but it offers an achievable solution to lessening the conflict in our world. I am proud to be able to serve as a volunteer with the rest of our dynamic board of directors. Under Karuna's leadership Mind Oasis is realizing its vision – one community meditation class at a time!

I am excited about the future of Mind Oasis because of the tremendous growth that this very young nonprofit has accomplished since its inception. We are so very fortunate to have a very talented Executive Director, a board of directors that is dedicated to the mission of Mind Oasis and strategic in planning for its future, volunteers and teachers who put their heart and soul into their work for Mind Oasis and a growing group of donors whose generosity is the fuel for us to fulfill our mission and achieve our vision.

We have all the ingredients for success in fulfilling our mission to bring the timeless benefits of meditation to practitioners worldwide via live interactive online classes. I am honored and humbled to be part of making this all happen.

**Greg Murray**  
**Mind Oasis Community Meditation Member**  
**Texas, USA**



Anne McCready Heinen reached out to me on a meditation app [introducing me to Mind Oasis]. Living in Austin Texas at the time, I had heard good things about Mind Oasis, but I had never tried it. Gradually I switched my practice from the app as I came to realize that Mind Oasis offers something more.

In addition to making connections with the wonderful teachers, I get to meet and practice meditation with kind and compassionate individuals from Florida to Hawaii and touching three continents from the United Kingdom to Colombia, South America.

Meditating with an app is like practicing a musical instrument alone in a room. Meditating with the community on Mind Oasis is like playing, by practicing, in a tight-knit group of musicians, resonating as one.

Like neurons making connections with other neurons across the synaptic divide, Mind Oasis allows each of us to connect with supportive members of the global community over the virtual divide. The resulting whole is greater than the sum of individuals meditating on their own.

I can't wait for more people to find Mind Oasis to fulfill their basic need of connection and community. In our modern world, there has arisen a loneliness epidemic, even before the self-isolation and distancing we've all undergone to protect each other from the deadly and devastating virus.

**Maria M. Novak**  
**Community Meditation Teacher**  
**Wisconsin, USA**

I happened upon Mind Oasis via a mantra and voice class taught by one of my favorite musicians, Girish. I had never even used Zoom before! After just a few classes with him on MO, I started to hear about Community Meditation, so I gave it a try. By participating in Community Meditation, I met so many fun people! I found myself registering for the Meditation Immersion...and the rest is history!



With Mind Oasis everything revolves around community! The internet is full of online recorded classes, but at Mind Oasis the magic is in the camaraderie and support you get. Having a community around me helps my practice flourish. I want to be there for them and they want to be there for me - we all win!

I love the idea that Mind Oasis is reaching out \*globally\* - to everyone everywhere. That is true 21st century connection, true community. I have seen Mind Oasis grow so much in the short time that I've been involved. I'm so eager to see the Community Meditation schedule expand so that everyone, no matter where they are, has a convenient time to drop-in and meditate with friends.

**Jane Coburn**  
**Meditation Immersion Graduate & Community Meditation Teacher**  
**North Carolina, USA**



Back in the Fall of 2019, I saw Sarah Andrews was offering a Kundalini Yoga class on Mind Oasis and I was curious so I signed up. The course was wonderful - so much wisdom and practice shared. Having registered for that class, I began receiving regular emails from Mind Oasis. I had been meditating on and off for almost ten years, but had yet to establish a regular, consistent meditation practice. In March, 2020, when the Pandemic started and I was social distancing at home, I decided to try Community Meditation. I loved the Community Meditation sessions from the very start. The teachers were always very welcoming and it was comforting to know there were people from all over the world meditating with me. At an especially vulnerable time for the entire world, I found the Mind Oasis community made me feel less alone and gave me hope.

Participating in the Meditation Challenge in May 2020 motivated me to sit on my cushion every day and for the first time in my life, I had a regular, consistent meditation practice. I began to see the benefits not just I began to see the benefits not just on my cushion, but off my cushion in my everyday life. Like that sacred space between the breaths in meditation, I began to find a sacred space in my day-to-day life. I was less reactive, more in tune with my emotions and how my body felt when feeling different emotions. Meditation helped me be more present in the moment and this increased presence helped me give myself and others in my life more compassion and grace.

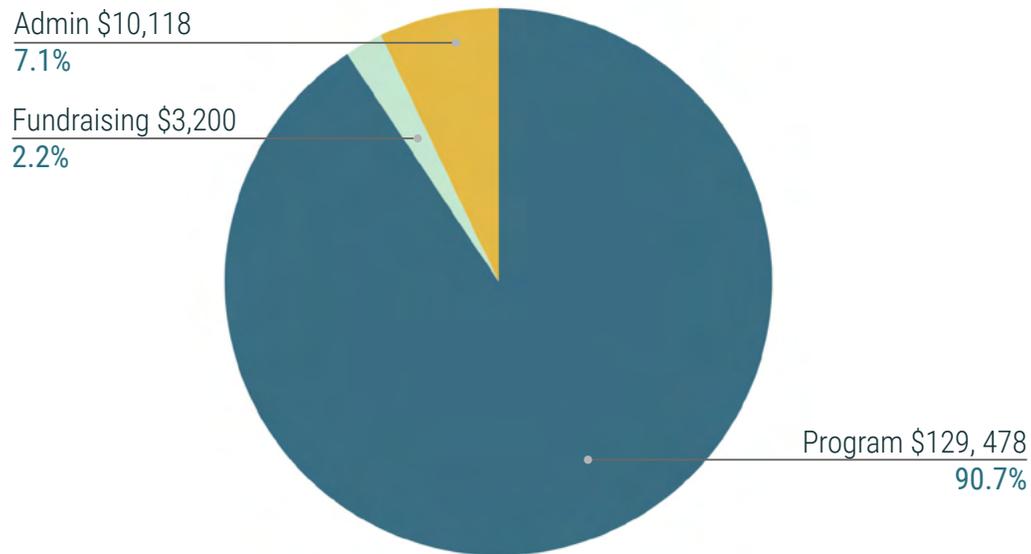
After the May challenge, I continued to meditate every day, but I wanted to learn more about the ancient wisdom behind the meditation I was practicing in Community Meditation. In July 2020, I decided to register for the Meditation Intensive and it is a decision that has transformed my life. The intensive taught me not only how to guide meditation and the wisdom behind the meditation, but the friendships and support created with my fellow students was priceless. When I first joined Community Meditation in March 2020, I never imagined that just one year later, I would be a certified Community Meditation teacher on Mind Oasis. I guide on Sunday evenings at 8:00pm CST and it brings me joy to offer these life transforming practices to others.

The vision of Mind Oasis, 'Connecting a Compassionate Global Community' resonates deeply with me because in our modern times it will take a global community to connect and increase compassion for all sentient beings and the earth to create any kind of effective change. Community Meditation has positively affected my own personal relationships and, I believe this could be applied to ignite that change in relationships throughout the world.

I love that Mind Oasis has started teaching meditation to school personnel. I work as an autism coach and often address the importance for the teachers, parents, and other professionals to learn how to regulate their own nervous systems and maintain regular self care in order to best serve and support their students/ children. I would love to see this expand to providing meditation teaching to the students. I am also excited to hear that an international university press has asked Mind Oasis to provide meditation teaching to their organization because it illustrates that we are and will continue to have a global impact and grow our Compassionate Global Community.

## Mind Oasis Financials 2020

Total Revenue \$129,563\*



\*Please note an SBA and private loan covered the difference between revenue and expense in 2020. This was an approved strategy by the board of directors.

### Accomplishments by the Numbers

#### Number of "sits" by Community Meditation members

**2020 - 6342 (108% increase over year prior!)**

2019 - 3040

2018 - 1140

#### Investment by the community into Companion Programs

**2020 - \$58,243 (52% increase over year prior!)**

2019 - \$38,354

2018 - \$35,671

**Kelly Lindsey**  
**Mind Oasis Companion Course Teacher**  
**Texas, USA**



I was fortunate to be one of the founding members of the Mind Oasis team and originally joined because of my desire to share the practice of meditation with others, and also because I believed that Karuna – our Founder and Executive Director – could do great things!

Meditation is a practice we each have to engage on our own, but like many things, we cannot do it alone. Being a part of a community like Mind Oasis offers support, nourishment, and connection – all of which help us to deepen and sustain our practice over time.

The mission of Mind Oasis is expansive, and the practice of meditation invites us to step into the larger space and acknowledge that our thoughts, words, and actions affect the world around us. We can perpetuate suffering or contribute to creating a more compassionate world.

The practice of meditation has the power to nurture our bodies, hearts, and minds. As Mind Oasis grows and more people come and practice together, we are nurturing goodness within and creating opportunities for healing together.

### Board of Directors

**Joan Rudnitzki, CFRE - President**

Rudnitzki & Associates, Principle  
Wisconsin

**Karen Soltes, LCSW, C-IAYT - Vice President**

Senior iRest Teacher & Trainer  
Colorado

**Al Rudnitzki, Secretary**

Retired, Northwestern Mutual  
Wisconsin

**Kelly Lindsey, MA - Treasurer**

BodyMind Therapist, Meditation Teacher  
Texas

**Justine Fanarof, JD, MPH, E-RYT 500**

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**Dana Wills**

Meditation Teacher  
Colorado & Texas