



Impact Report

Stories of healing, community, and
belonging.

2022 – 2025

Healing is a human right, not a privilege.

From the heart.

Three years ago, I had a simple, radical vision: that the people our society has most harmed deserve the most care. We are now proof that vision is alive.

Dear friends, partners, and community,

From 2022 to 2025, The Heart Center has shown up: inside prison walls, in reentry rooms, in circles where people finally exhaled, some for the first time in years. We have witnessed what happens when someone who has been told they are broken is instead offered healing. It is intentional work rooted in earth-based practices. And it has changed us, too.

I have always believed we can only pour from a full cup. My own healing is not separate from this work. It is the root of it. And right now, the cup runs over, and I am committed to my own practice.

Today, the global wellness industry is valued at more than \$6.8 trillion. Here in Los Angeles, you can find a wellness studio on nearly every block, yet the prisons up the freeway from those studios offer little beyond punishment. And still, our community, those most impacted by the prison industrial complex, remains largely locked out. That is the gap we exist to close. Not out of pity, but with love and a deep belief in the wholeness of every person we serve.

This report belongs to everyone who made these three years possible. Thank you for your willingness, your belief, and your yes.

**With love and gratitude,
Okha Butler**

Executive Director & Founder, The Heart Center

WHO WE ARE

Our mission.

The Heart Center is a healing justice organization founded in June 2022 by Okha Butler, a system-impacted daughter, wellness practitioner, and organizer. We provide **free, trauma-informed wellness and healing retreats** to individuals currently incarcerated, formerly incarcerated, and their loved ones, because transformation belongs to everyone.

THE VALUES THAT HOLD OUR WORK

Mindfulness

We come home to the breath, the body, and the present moment.

Inclusivity

Healing is for everyone: accessible, equitable, and culturally rooted.

Integrity

Our work is rooted in humanity, in the fullness of what it means to be human.

Healing Centered

We hold brave spaces and return tools of self-love to the people they belong to.

Abundance

We move from the knowing that there is always enough. Accessibility and quality are not in opposition.

Self Love

We believe every person is already whole, already worthy of care.

77%

Rearrested
within 5 years

2.7M

U.S. children with an
incarcerated parent

Trauma doesn't end when the sentence does. The wounds of incarceration, for the person inside and the people who love them, pass through generations. That is the cycle we exist to interrupt.

Sources: 77% – U.S. Dept. of Justice, Bureau of Justice Statistics, 2018 Update on Prisoner Recidivism. 2.7M – The Sentencing Project, Parents in Prison.

2022 – 2025 AT A GLANCE

The numbers behind the work.

98

Dedicated volunteers

48k

Prison TV screens
reached

4

Active healing programs

\$224k

Raised across 2022–2025

48

Women served at the
California Institution for
Women

25

Served at Central
California Women's
Facility

Every retreat, meditation, and circle is offered 100% free to those impacted by incarceration.

How we grew.

JUN 2022

The Beginning

The Heart Center is founded

Okha Butler launches The Heart Center with a vision of free, holistic healing for communities impacted by incarceration.

After Okha leaves her role at KIPP SoCal Schools, KIPP SoCal hires The Heart Center to lead Mindfulness Wellness 4 Youth, a program co-created with students, with Okha at the helm. It expands to Mindfulness Wellness 4 Adults, with five staff wellness sessions and a team retreat on the beach. The goal forms: raise funds to host a free retreat for women impacted by incarceration.

2023

Year of Miracles

Community Day Retreats & Monthly Meditations launch

We expand our reach, meeting people where they are with accessible, day-long healing experiences.

First YATMOY Retreat: 100% called it life-changing

You Are The Master of You launches as a multi-day immersive retreat for Black and Brown women impacted by incarceration. Every participant rated it 10 out of 10.

60+ volunteers mobilized

Our community of care grows significantly, reflecting deep trust in the mission.

Momentum.

2024

Mobilizing People + Connections

98 volunteers across 4 projects

The Heart Center's volunteer network nearly doubles, expanding capacity and reach.

Full services announced

We launch our complete program suite: YATMOY retreats, Community Day Retreats, Wellness Trainings, in-prison guided meditation, and the Heart Center app.

Aftercare Wellness Program & YATMOY 2024

A 6-month aftercare offering weaves the multi-day retreat, 1-on-1 coaching, and live guided meditations into the YATMOY Wellness Collective.

1st Annual Benefit Concert ft. Londrelle

A community celebration with Zula Den Soiree, featuring 40+ wellness facilitators, six hours of free services, breathwork, and an ice bath, open to the public at no cost.

2025

A Year of Expansion

First-ever sound healing at CCWF

With Healing Dialogue and Action, we traveled four hours north to lead the first sound healing and rosemary cleanse at the largest women's prison in the United States.

Meditation reaches 48,000 prison televisions

Our guided meditations, developed with directly impacted people, now broadcast across 48,000 televisions inside California correctional facilities.

In-Prison Wellness Day Retreats at CIW

Full wellness day retreats begin inside CIW, the first women's prison in California: sound healing, talking circle, cacao ceremony, mindful eating, accessible yoga, nervous system training, and ACEs education. 48 women participated.

2nd Annual Benefit Concert ft. Mereba & new partnerships

Monthly Self Love Day Retreats launch, a partnership with Long Beach City College begins, and we onboard three paid Heart Center Fellows.

Hire our first Program Manager, growing our paid staff to two

The Heart Center now employs an Executive Director and a Program Manager to support our work.

OUR PROGRAMS

Where the work lives.

1. Heart Centered Community Programs

You Are The Master of You (YATMOY) Retreat

A multi-day immersive experience for individuals impacted by incarceration, with accommodations, organic meals, equitable transportation, nervous system training, massage, sound healing, yoga, meditation, breathwork, and a journal.

Self Love Day Retreats

A day-long community gathering offering inner-child work, sound healing, meditation, journaling, massages, and nourishing food. Venues vary each time, from a docked boat to studios and other spaces.

Solo Day Retreats

A single day of rest and restoration for individuals impacted by incarceration, offering flexible, low-barrier access to healing practices for those who can't yet commit to an overnight retreat.

YATMOY Wellness Collective

A 6-month aftercare offering combining the multi-day retreat, 1-on-1 coaching, free weekly therapy, and live guided meditations, creating a full arc of healing and ongoing support.

2. Healing Justice Employment

Wellness Trainings

Certification pathways for our community, including 200-hour yoga teacher training, sound healing practitioner training, and breathwork facilitation.

Reaching in, building forward.

3. Wellness Inside: In-Prison Programming

Guided Meditation on Prison TV & Tablets

Approved by the Director of Rehabilitation and Programming to air on the Wellness Channel. In 2024, meditations reached 48,000 televisions inside California prisons. Each session was co-developed with directly impacted people.

In-Prison Wellness Day Retreats

Full wellness day retreats inside correctional facilities, beginning at CIW, the first women's prison in California. Programming includes sound healing, authentic relating, a cacao ceremony, mindful eating, somatic yoga, nervous system training, 1-on-1 wellness sessions, and more.

The Heart Center App

Built by 20+ volunteer developers and designers, the app offers live and recorded guided meditations for individuals inside prisons. The Director of Rehabilitation described it as perfectly aligned with The California Model.

4. Service Revenue

Partner Wellness Programming

We provide wellness sessions, retreats, and free therapy for organizations, schools, colleges, and corporations, with a reduced rate for those aligned with the communities we serve.

STORIES OF IMPACT

Healing in their own words.

“

Since the last retreat I looked forward to this day. This day was an awesome escape/release from this place/stress.

Participant at California Institution for Women (CIW)

“

I've been needing this method of healing for 25 years while being inside. Thank you. Please come back soon!

Participant at Central California Women's Facility

“

My head and heart are full. People or systems do not define my emotional health. I do. I am centered and worthy.

Participant, In-Prison Wellness Day Retreat at CIW

100%

of participants at our first YATMOY retreat learned new tools and practices to support their healing.

FINANCIAL TRANSPARENCY

Stewardship of your trust.

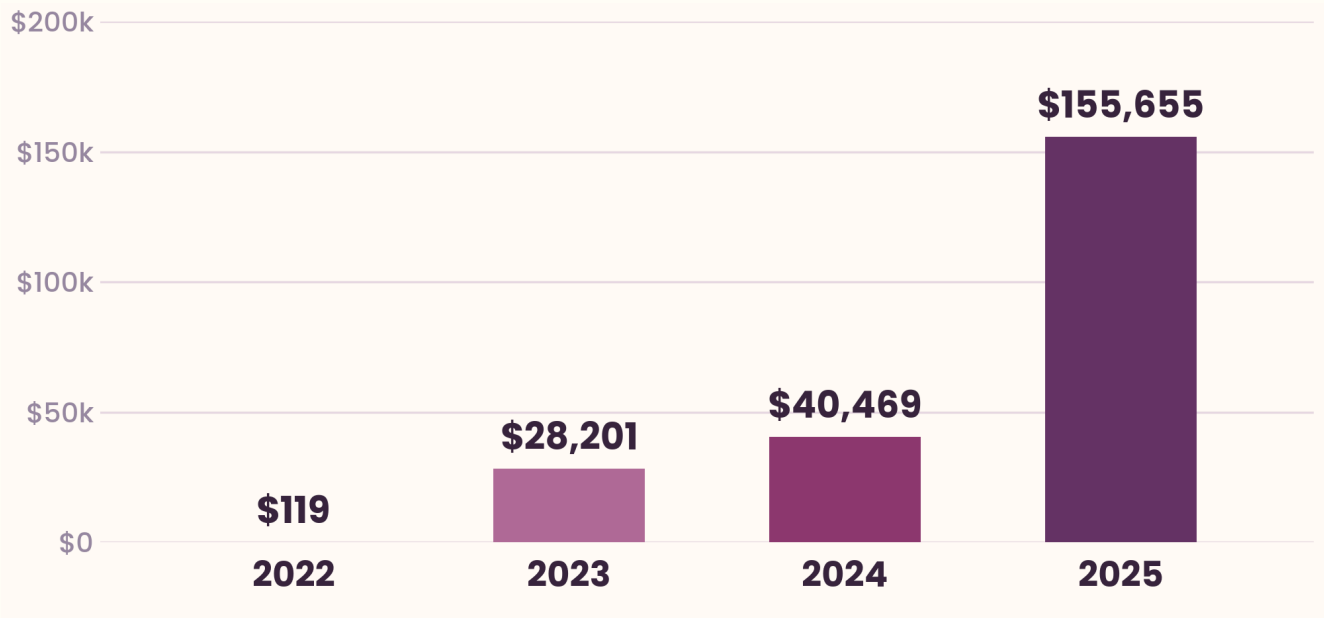
\$224,445

Total raised, 2022–2025

1,306×

growth in annual funding
since our first year

FUNDING RAISED BY YEAR



100%

Free to participants impacted
by incarceration

501(c)(3)

Tax-deductible nonprofit since
2022

EIN

32-0697848

Every dollar given to The Heart Center goes directly toward creating free, healing experiences for individuals and families impacted by incarceration, from transportation and organic meals to sound healing, retreats, and ongoing aftercare.

WITH GRATITUDE

Made possible by community.

None of this is possible without the people who show up, who give their time, their resources, and their hearts. To our volunteers, our partner organizations, our donors, and every person who has trusted us with their healing: **thank you.**

PARTNER ORGANIZATIONS

Initiate Justice

Transformative Programming Works

Healing Dialogue and Action

Social Justice Partners LA

KIPP Family Wellness

BetterHelp

Zula Den

Positive Life Rituals

Long Beach City College

CalNonprofits

FEATURED ARTISTS

Londrelle, 1st Annual Benefit Concert, 2024

Mereba & AnAkA, 2nd Annual Benefit Concert, 2025

“ I was transcended to another place. This day made me forget where I was for the day! Thank you so much! I'm LWOP also and have been incarcerated since 1998 (28 years).

- Participant, In-Prison Wellness Day Retreat

LOOKING AHEAD

What we are building toward.

In 2025 and beyond, The Heart Center is deepening its roots: expanding inside programming, growing the YATMOY Wellness Collective, and bringing healing into correctional facilities across California and beyond.



Monthly Self Love Day Retreats

Sound healing with massage and aromatherapy, intention setting, kundalini yoga or breathwork, and a nourishing Ayurvedic dinner, open to the public, funding free retreats.



Meditation in 48,000 TVs

Our in-prison guided meditations now reach individuals across California through 48,000 prison televisions, extending to tablets, with more facilities in conversation.



Heart Center App expansion

Live and recorded meditations for people inside, returning home, and CDCR staff, built with and for the community.



In-Prison Wellness Day Retreats

Launched at CIW and Women's FireCamp, and now expanding to CCWF and a men's facility.



JOIN US

There is room for you in this work.

Every act of giving, whether a donation, a partnership,
or a shared story, creates more access to healing for
those who need it most.

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theheartcenter.org

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