

# TONI LYNN BONADIE

Believe in yourself, believe in your business, and believe in your goals and dreams.

A Providence native, Toni Lynn had long struggled to lose weight and overcome a smoking addiction. Yoga proved a transformative force in her life. As she began to practice yoga regularly in the fall of 2001, she soon discovered its health benefits -- she felt stronger, more healthy, and less stressed. As her passion for yoga grew, she attracted the attention of a local fitness center, which awarded her a scholarship to pursue a career as a professional yoga instructor. Toni Lynn's future was looking up.

But Toni Lynn's streak of good fortune would eventually run out. In 2009, she suffered several financial setbacks as well as the tragic loss of her mother. It was a difficult time for Toni Lynn. Unable to pay for her instructor re-certification or purchase the liability insurance necessary to continue offering yoga classes, she fell into poverty's grasp. Her car became her home.

Yet it was yoga that gave her the strength to persist. Determined to restart her yoga business, Toni Lynn took out a CGF Small Business Loan to purchase liability insurance, a cell phone, a laptop, and to rent space at a local church to get her business off the ground.

Toni Lynn's business is now growing. She is teaching three yoga classes and has partnered with the Foster Grandparents Program in Providence to provide yoga classes to seniors of minority backgrounds. Taking to heart CGF's mission of empowering low-income Rhode Islanders, Toni Lynn hopes to increase the access to fitness and health services in minority communities. By offering affordable yoga classes, Toni Lynn aims to give people of color "another tool to make their lives better."



Within a week of receiving the loan, she was back teaching classes.

Reflecting on her experience, Toni Lynn says, "The Capital Good Fund has been life-transforming and has given me the ... hope that I could do this." To other aspiring entrepreneurs, she provides some important advice: "Believe in yourself, believe in your business, and believe in your goals and dreams."