



Y.O.G.A. for YOUTH

youth+yoga=SUCCESS

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Y.O.G.A. for Youth provides youth with tools for self-discovery that foster hope, discipline, and respect for oneself & community.

2833 Children Drop Out of School Every Day (1 Child Every 30 Seconds)
135,000 Children Carry a Gun To School in the U.S. Every Day
18% of Violent Crimes in the U.S. are Committed by Youth
33% of Serious Property Crimes in the U.S. are Committed by Youth
\$7 Billion are Spent to Incarcerate Youth Offenders in the U.S. Every Year

It costs \$7.50 for a child to take one yoga class at school...



Why Y.O.G.A. for Youth?

Research on the effects of the Y.O.G.A for Youth Curriculum shows significant results in just 10 weeks.

- Led by Sat Bir Singh Khalsa, PhD - Harvard University

- ➔ Students Show A Significant Increase in Resilience
- ➔ Students Show A Decrease in Perceived Stress
- ➔ Students Show An Increase in Positive Affect
- ➔ Schools Show A Growth in Academic Performance Index (API)

About Y.O.G.A.

Y.O.G.A. for Youth is a non-profit 501(c)3 organization dedicated to bringing yoga to underserved youth in schools, community centers, shelters, detention facilities, and hospitals that fosters hope, discipline and respect for oneself, others, and community.

Currently, Y.O.G.A. for Youth has programming in New York, New Jersey, California, North Carolina, Minnesota, Michigan and Mexico City. Teacher trainings are underway in the United States, Canada, Africa, Germany, Mexico, Chile and Paraguay.

Y.O.G.A. for Youth solely funds one of the most extensive yoga programs for juvenile detention facilities in the world.



Y.O.G.A for Youth is one of the oldest youth yoga programs in the country. Since its inception in 1993, Y.O.G.A. for Youth has served over 18,000 young people in the United States alone.

Y.O.G.A. Curriculum

The Y.O.G.A. for Youth curriculum translates ancient scientific yogic tools into a language youth can understand and apply to daily life. Unique programs have been designed to combat a myriad of issues that plague our youth today including:

- *stress
- *anger
- *depression
- *anxiety
- *violence
- *low self-esteem
- *ADD
- *obesity
- *fear

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