



# Y.O.G.A. for YOUTH

urban youth+yoga=SUCCESS

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**Y.O.G.A. for Youth** provides urban 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 for a child to take one yoga class at school...**



In April 2010, a study was conducted in three Los Angeles public schools to ascertain the affects of the Y.O.G.A. for Youth curriculum. - Led by Sat Bir Singh Khalsa, PhD of Harvard University

In just 10 short weeks, the students taking yoga experienced:

➡ A Significant Increase in Resilience  
 ➡ A Decrease in Perceived Stress  
 ➡ An Increase in Positive Affect

All three schools experienced Academic Performance Index (API) growth in 2010



## About

Y.O.G.A. for Youth is a non-profit 501(c)3 organization dedicated to creating opportunities for urban youth to practice yoga and relaxation in schools, community facilities, shelters, and detention centers.



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

Y.O.G.A. for Youth funds one of the most extensive yoga programs for juvenile detention facilities in the country, including every facility in Los Angeles County.

## Programming

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, poor concentration, obesity and other behavioral issues.

Y.O.G.A. for Youth is one of the only non-profit organizations with comprehensive youth yoga programming encompassing the development, training, and placement of certified yoga instructors worldwide.

Since its inception in 1994, Y.O.G.A. for Youth has served over 18,000 young people in the United States.



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