

Dear Friend:

The Holistic Life Foundation, Inc. is a registered non-profit organization in Baltimore, Maryland that performs human and environmental health programs to demonstrate the interconnectedness people have with the environment in which they live.

In the past year Holistic Life has run after school programs (ages 11-13), taught yoga classes (ages 11-65), piloted a yoga physical education curriculum, and formed continuing partnerships with many local organizations (i.e. Baltimore City Public Schools, The After School Institute, Baltimore Clayworks, The Living Classrooms Foundation, The International School of Protocol, Red Bud Farm, Woodberry Crossing, Paul's Place Outreach Center, and others).

In our after school program we teach students yoga, provide tutoring, and a nutritious snack, and administer an environmental education program that includes field trips and an overnight camping exercise. During school many of our students have to deal with distractions from their peers, sugar-filled snacks, confrontations with teachers, and for the most part, a true lack of physical activity. Yoga creates a venue to address these tribulations. The breathing techniques (pranayama), yoga postures (asanas) and meditation Holistic Life teaches the student, can each have a different positive affect on them.

Pranayama is performed to help control the breath. This induces calmness in the students; helps increase concentration, along with increasing lung capacity. The asanas provide a physical workout. They require steadiness to perform. They assist with generating focus and discipline of the mind and body. Meditation helps center students and aims to withdraw the senses, controlling the mind regarding sensory objects, that are a major source of distractions in class. Students are aided in peacefully and calmly resolving conflicts with their peers and teachers, through the tranquility attained while practicing yoga.

The tutoring and homework assistance Holistic Life provides helps students perform better academically. Everyday we provide a snack of fresh fruit and fruit juice to the students to promote healthy eating habits.

The environmental education program provides students with opportunities to increase their knowledge and awareness of the Chesapeake Bay watershed and surrounding environment. Then, that knowledge will be used to show the interrelatedness of the entire global environment, to expand the students' outlook from the neighborhood level to the biosphere level. They also gain knowledge of ways to alter their actions and attitudes toward nature, to decrease the negative impacts they have on the environment.

Along with our continued efforts to assist Baltimore City's at-risk youth, Holistic Life is **seeking tax-deductible donations to support our after school efforts. Donation information is attached.** On behalf of the staff and students of Holistic Life Foundation, thank you in advance.

Peace,

Holistic Life Foundation