

Media Contact:
Dana Cohen
dana@bpublicrelations.com



Holistic Life Foundation Awarded \$10,000 From the United Way of Northern New York

BALTIMORE (December 28, 2022) - Holistic Life Foundation, the Baltimore-based non-profit organization focused on yoga and mindfulness practice education with an innovative satellite initiative with the Akwesasne Mohawk Territory, today announced a \$10,000 grant award from the United Way of Northern New York. The grant award will go toward implementing the organization's highly successful Mindful Moment Program in the Massena Central School District and the St. Lawrence Central School District.

The Mindful Moment Program is the most comprehensive whole school intervention, where Holistic Life Foundation staff instructors train students, teachers, and staff in yoga and mindfulness routines practiced at the start and the end of the school day. Included is the Mindful Moment Room where students may self-refer, or teachers may send distressed or disruptive students with individual assistance with emotional self-regulation through yoga, breathwork, self reflection and meditation. The Mindful Moment Room is a serene, calming environment equipped with meditation cushions, yoga mats, artwork, waterfalls, plants, comfortable lighting, and other soothing decor. This is an in-school program for students and staff that integrates mindfulness practices into the school day, and provides a safe space for students who need to calm down and regain control of their emotions.

"Mindfulness practices like yoga and meditation help individuals recognize when they are slipping into unhealthy states of mind, and give them tools to regain calm, balance, and perspective beyond the moment," said Mary Terrance, Program Coordinator for Holistic Life Foundation Satellite Akwesasne. "These practices result in conflict reduction and violence prevention at school and in the community, as practitioners gain self-control rather than react to situations in the short-term or engage in retributions afterward. Long term benefits include greater empathy and confidence, which lead to stronger interpersonal bonds and a greater sense of community."

For more than 20 years Holistic Life Foundation's unique programming has offered a dedicated approach to fostering social, emotional, environmental, and physical improvements in the lives of children and adults. Through a comprehensive approach that incorporates yoga and mindfulness instruction, workforce development, teacher training, outreach, and education, its

programs are making a direct impact for underserved populations across the country - and throughout the world.

“We are pleased to support the important work of the Holistic Life Foundation, expanding mindfulness programming in St. Lawrence County schools” said Dawn Cole, President and CEO for United Way of Northern New York. “In the often resource-scarce environment of rural school districts, mindfulness techniques provide a strong platform for academic success by teaching students strategies for building greater self-awareness and mastering control of their emotions – powerful and innovative tools for achievement in the classroom and beyond.”

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