

By-Donation Yoga Classes At Lululemon

BY PORT WASHINGTON NEWS STAFF
PORTWASHINGTON@ANTONMEDIAGROUP.COM

United We Om, a local nonprofit, invites the community to join them this holiday season in bringing yoga and meditation to the underserved. Lululemon at Americana Manhasset is graciously hosting a weekly by-donation yoga class to support and bring awareness to the work United We Om does.

The All Levels Vinyasa Yoga classes take place Sundays, from 9:30 to 10:30 a.m., running through Jan. 24, at 1950 Northern Blvd., Manhasset.

In September, United We Om held pop-up yoga classes at Blue Moon Project on Main Street. "Our pop-up studio was a great success and helped us to raise enough donations to bring yoga and meditation to two communities in need," said Matt Jared, cofounder and executive director.

The organization provides yoga and meditation practice to the underserved and vulnerable in the area with programs currently serving veterans



United We Om founders Matt and Jenny Jared

in Bethpage, at-risk boys in Merrick, foster children in Syosset and homeless teenage mothers in Hempstead.

"We are currently a 100 percent volunteer organization run by my wife and I, our two small kids and a passionate board," Jared said. "The impact we are making is already so great, but, as with all grassroots movements, we need the community's support to sustain and expand our reach."

To learn more, visit www.unitedweom.org.



Veterans yoga class at Blue Moon Project