



UNITED WE OM

PRESS RELEASE FOR IMMEDIATE RELEASE:

CONTACT:

Matt Jared
United We Om
matt@unitedweom.org
516-708-1427
www.UnitedWeOm.org

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A YOGA AND MEDITATION CHARITY IS FOUNDED ON LONG ISLAND

United We Om, a new non-profit charity providing yoga and meditation to underserved communities was founded in December 2014 by husband and wife team, Matt and Jenny Jared, of Port Washington, NY. United We Om is a registered 501(c)3 non-profit, providing yoga and meditation to underserved populations, while creating opportunities for yoga and meditation communities to use their practice to raise money and awareness for causes they care about serving.

"We believe yoga and meditation are powerful antidotes to the sufferings of the modern world," says co-founder Matt Jared, "we began United We Om with the goal of making the traditions accessible to everyone, regardless of financial or social circumstances." United We Om provides yoga and meditation to the underserved through their Karma Project program, which hires specialized teachers to provide yoga and meditation tailored to individual populations in need.

"We wanted to bring service back to the forefront of the yoga and meditation communities," says co-founder Jenny Jared, "to inspire and empower teachers, studios and practitioners to use their practice to change the world." United We Om plans to host by-donation yoga classes, in which 90% of the proceeds will be donated to a charity selected by the teacher, raising both donations and awareness for a cause the teacher, or community care about serving.

United We Om is beginning in local Long Island communities of need and building the organization through the grassroots networks of yoga and meditation teachers, studios and sanghas. To learn more or to get involved, visit their website at www.UnitedWeOm.org.

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Matt Jared

Creative Director
Jenny Jared

Board of Directors
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Mark Gamell
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COMPANY OVERVIEW:

United We Om is a registered 501(c)3 non-profit charity, providing yoga and meditation to underserved populations, while creating opportunities for yoga and meditation communities to use their practice to raise money and awareness for causes they care about serving. Husband and wife team, Matt and Jenny Jared, created United We Om with the goal of empowering the yoga and meditation communities to change their world through the power of service. The founders believe the traditions are a powerful antidote to the sufferings of the modern world and operate the organization by the yogic teaching Lokha Samasta Sukhino Bhavantu, "Commit your actions to the happiness and freedom of all beings." For more information, contact: Matt Jared, Executive Director, matt@unitedweom.org.

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