



UNITED WE OM

**PRESS RELEASE
FOR IMMEDIATE RELEASE:**

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YOGA AND MEDITATION FOR SUICIDE PREVENTION AT LIFE IS PRECIOUS

Synergy is a word often used to describe the process of creating a new Karma Project at United We Om. It begins with a teacher applying to teach to a specific group they feel called to serve and then United We Om casts a net within the teacher's community, focused on finding the perfect match for the teacher's style, ethos, life experience and training. United We Om is proud to announce we have found that match in our next Karma Project lead by yoga teacher Guillerma Moreno. Yoga for Suicide Prevention is a truly synergistic expression of service and giving back, providing eight weeks of yoga, mindfulness and meditation classes to the teenage girls at Life is Precious, a suicide prevention program for Latina Teens in Brooklyn, NY.

"I feel extremely grateful as a Hispanic woman to have had the privileges I've had," noted Guillerma on her application, "I've been through a lot of darkness but somehow I found the light. I want to share with others the tools that were passed down to me." Latina teens have the highest attempted suicide rates in the country, often a result of depression and anxiety, which yoga, mindfulness and meditation have been scientifically proven to help alleviate. Yoga and meditation increase emotional strength, stamina and awareness, while reducing anxiety and stress, which is why United We Om's Executive Director Matt Jared says, "Yoga is the perfect antidote to depression. It can help to lift you up mentally, physically and spiritually and begins to become a part of your life and amazingly, nearly every area of your life begins to improve. It's an incredible practice and I'm so blessed to share it with others."

The classes will include yoga postures as well as breathing and meditation techniques, focused on engaging the participant's parasympathetic nervous system, to help strengthen their emotional regulation and attention, while expanding their repertoire of stress management skills, to help them integrate aspects of yoga and mindfulness into daily life. Jared continued, "Guillerma is a truly special teacher with an array of specialized training to help the girls connect with their inner self, to be focused, centered, expressive and at peace. And most importantly to help them know that their life has value, their contribution is critical and their voice is vital and powerful."

Life is Precious is a suicide prevention program combining counseling, arts therapy, academic support, nutritional and fitness activities. Life is Precious has helped more than 200 girls improve their academic performance, heal strained familial relationships, find pride in their bi-lingual, bi-cultural backgrounds but most importantly has not had one trouble teen commit suicide since joining the program.

In 2015 United We Om helped to provide yoga to Veterans with PTSD, to foster children at Mercy First, to at-risk youth and held more than fifty by-donation yoga classes for the Long Island community. "If yoga is made available to all," says Jenny Jared, Matt's wife and co-founder of United We Om, "the practice can move us in the direction of a peaceful and compassionate global community." To learn more about United We Om and the charitable work they're doing in New York please visit their website at www.UnitedWeOm.org.

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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