



UNITED WE OM

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United We Om

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www.UnitedWeOm.org**PRESS RELEASE****FOR IMMEDIATE RELEASE:****MORE YOGA FOR THE FOSTER CHILDREN OF MERCY FIRST THIS FALL**

United We Om is honored to be expanding its yoga and meditation program for the foster children at Mercy First this fall. The expanded program at Mercy First's, Syosset campus will now include middle and high school aged girls and a new program for 7-10 year old adolescent boys will begin at Mercy First's, Merrick group home location.

United We Om is a Long Island based non-profit charity providing yoga and meditation to underserved communities, by utilizing the grassroots energy of the yoga and meditation community through by-donation classes and events. Mercy First is an integrated continuum of care for children in need, from birth through adolescence, including children who have been abused and neglected, youth with serious emotional problems, youth without family and families coping with the stresses and pressures of poverty, domestic violence, mental illness and substance abuse.

"Our first Karma Project at Mercy First was such a success that we made it a priority to expand our outreach to their community," said United We Om's Executive Director, Matt Jared. Meditation and yoga teacher Joe Iadanza will return to Mercy First, but this time he'll be working with 7-10 year old at-risk boys at their Merrick, NY group home residence. For eight sessions, the boys will learn techniques to help increase physical and emotional strength, stamina and awareness, while working to reduce their anxiety and stress associated with separation from family.

"There is not a group more in need of the benefits of yoga and meditation than children who've suffered," Jared continued, "We always try to find teachers who can relate to their students situation and we needed a female teacher with the skills and heart to connect with these young women and we found that perfect combination in Karen." Yoga teacher Karen Cohen-Gibbons, will lead the girls through four-weeks of specific asana, pranayama and mindfulness techniques designed to help build the girls self-confidence, physical and emotional strength, to help them to stay centered during the challenging time of transition from childhood to adulthood.

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Karma Projects are at the heart of United We Om's philanthropic work, connecting specialized teachers with populations most in need of the benefits of practice. Each Karma Project is as unique as the population it serves and is created to support the specific needs of each group. To learn more or to become involved, visit their website at www.UnitedWeOm.org.

COMPANY OVERVIEW:

United We Om (@UnitedWeOm) 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 adage Lokha Samasta Sukhino Bhavantu, "Commit your actions to the happiness and freedom of all beings." For more information, contact: Matt Jared, Executive Director.

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