



UNITED WE OM

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PRESS RELEASE FOR IMMEDIATE RELEASE

A NON-PROFIT, BY-DONATION, POP-UP YOGA AND MEDITATION STUDIO IS OPENING IN PORT WASHINGTON, NY

A new kind of Yoga and Meditation Studio is opening in Port Washington, NY this September. A Non-profit, 100% By-Donation Pop-Up Yoga and Meditation Studio where all the proceeds raised will directly serve local communities in need. Beginning on Sunday, September 20, 2015 and continuing for ten consecutive Sundays through November 22, 2015, United We Om, a NY non-profit organization, is opening a Pop-Up Yoga and Meditation Studio offering five classes from 8:30am to 2:30pm; three yoga classes designed for everyone, one pre/postnatal yoga class for new moms and moms-to-be and one guided meditation for all. The Pop-Up Studio is located at the Blue Moon Project, 194 Main Street, Port Washington, NY 11050.

"Yoga and meditation practices can be transformational and being part of a community that supports even its most vulnerable members can be a deep source of happiness." says Jenny Jared, co-founder and Creative Director of United We Om, "We wanted to find a way to extend these benefits to everybody, regardless of financial or social circumstances." All classes at the Pop-Up Studio are 100% by-donation with no minimum donation, and 100% of the proceeds will directly support United We Om's mission of providing specialized yoga and meditation to underserved populations in need. "Everyone is welcome, even if you've never practiced before or you don't have any money to donate. Your energetic contribution is invaluable to our momentum," says Matt Jared, co-founder and Executive Director for United We Om.

"We couldn't have done this without the generosity of the Blue Moon Project," says Matt, "They have opened their beautiful new space to us and opened their hearts to the Long Island community." Blue Moon Project (www.bluemoonproject.com) is a total body-mind wellness center offering martial arts, fitness and wellness classes as well as a variety of beauty and wellness services. "Blue Moon Project was borne of the need to bring balance to our increasingly stressful lives," says co-owner Helen Leib, "and giving back to our community is an important part of that balance. The mission of United We Om is in line with our goals of cultivating self-awareness, mindfulness and healthy living."

This fall, join United We Om at their Pop-Up Studio and help create a community that is built on the belief that we should commit our actions to the happiness and freedom of all beings. To learn more about United We Om and their Pop-Up Studio, to register for class or make a donation visit <http://www.unitedweom.org/pop-up-yoga-studio.html>. United We Om currently has projects serving Veterans, foster children, homeless teenage mothers, seniors and victims of domestic violence.

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 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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