



UNITED WE OM

**PRESS RELEASE
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PRESS CONTACT:
Matt Jared
United We Om
matt@unitedweom.org
516.708.1427 (o)
646.203.2582 (c)
www.UnitedWeOm.org

LULULEMON HELPS UNITED WE OM TO EXPAND ITS YOGA FOR HOMELESS MOTHERS PROGRAM

Pregnancy should be a magical time in a woman's life, filled with profound physical and emotional changes, surrounded and supported by her friends and family. But for the young women of Momma's House, unfortunate circumstances have left them pregnant and homeless, unemployed and lacking the skills and support needed to improve their lives. The overwhelming stress and hardship experienced by homeless young mothers and their children is often deeply traumatic and can affect them in profound ways throughout their lives. United We Om, a Long Island based Not-for-Profit providing yoga and meditation to marginalized and vulnerable communities, is proud to announce the expansion of their Prenatal Yoga Program to include all three Momma's Houses on Long Island in 2016!

Momma's House is a Not-for-Profit organization that provides homeless teenage mothers with a place to stay and childcare assistance, while teaching the mothers practical life skills as they complete their education or job-training program. United We Om began working with Momma's House as part of United We Om's Karma Project program because yoga and meditation have been proven to provide relief for a wide variety of trauma symptoms, in both children and adults. Following two exceptional Prenatal Yoga and Meditation programs at Momma's House in 2015, United We Om applied for and received a grant from Lululemon to expand the program in 2016. "We have been blown away by the absolutely inspiring level of support Lululemon Manhasset has shown United We Om," says Jenny Jared, co-founder of United We Om and an Ambassador for Lululemon, Manhasset, "They've donated yoga mats, provided their store for by-donation classes and have continually asked us, 'How can we help?' They are amazing."

Beginning in mid-January, prenatal yoga teachers Jenny Jared of Port Washington, Morgan Rose of Glen Cove and Jenna Mannino of Lindenhurst, will each lead twenty-four weeks of Prenatal yoga, each at a different Momma's House on Long Island. The twenty-four specialized classes will be divided into three, eight-week sessions, focused on improving the physical and emotional wellbeing of the mothers, while offering tools and techniques to help them incorporate mindfulness into their daily lives. Each yoga teacher has specialized training in Pre and Postnatal yoga and each class will be designed to accommodate the individual needs of the young mothers and their babies. "Pregnant and Postpartum women require far more props to accommodate the needs of their bodies and Lululemon's grant has allowed us to expand our Prenatal program, while continuing to create the most supportive environment possible for the mothers," said Jenny.

In addition to serving the teens at Momma's House, 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. "It's exciting to think about how much we've accomplished in our first year," says Matt Jared, co-founder of United We Om and Jenny's husband, "and we've got so many projects already happening for 2016. The momentum is palpable." To learn more about United We Om and the charitable work they're doing on Long Island, 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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