



UNITED WE OM

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**PRESS RELEASE
FOR IMMEDIATE RELEASE:**

MOTHER AND DAUGHTER BRING YOGA AND MEDITATION TO MOMMA'S HOUSE WITH UNITED WE OM

United We Om, a Long Island based non-profit charity providing yoga and meditation to underserved communities, is bringing yoga and meditation to Momma's House, a residential program that cares for young mothers, ages 18-23, and their babies. Yoga teacher Jenny Jared and her mother, meditation teacher Doreen Gamell, will team-teach for six-weeks at Momma's House beginning on Tuesday, July 14, 2015 as part of United We Om's Karma Projects Program. The classes have been designed to cater to the needs of the residents of Momma's House, focusing on reducing their anxiety and stress, increasing their physical strength and emotional wellbeing, while providing the young mothers with the tools they need to stay centered and mindful.

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. "Working with expectant and new mothers is one of my greatest joys as a yoga teacher," says Jenny Jared, Creative Director and co-founder of United We Om, "and I feel so blessed to be sharing the experience of teaching at Momma's House with my own mother."

"Having volunteered at Momma's House before," reports Doreen Gamell, United We Om Board Member and Meditation Advisor, "I am certain that this population will benefit immensely from the practices of yoga and meditation." Scientific studies from around the world agree with Gamell. A recent study by the Vivekananda Yoga Research Foundation, found that a daily yoga and meditation practice during pregnancy improved birth weight, reduced premature births, and lessened the overall medical complications for newborns and their mothers.

United We Om is focusing on local Long Island communities in need and is 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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Jenny Jared

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Meditation Director
Mark Gamell
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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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