



UNITED WE OM

**PRESS RELEASE
FOR IMMEDIATE RELEASE:**

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YOGA FOR AUTISTIC ADULTS AT QSAC & YOGA FOR AUTISTIC CHILDREN AT AHRC

April is Autism Awareness month, a month long campaign by the non-profit Autism Speaks, “to help raise awareness, fund research and provide vital resources and advocate for the needs of people with autism.” Inspired by the collective energy to serve the ever growing autistic community, United We Om is grateful to have met Ora Sucov, an amazing yoga teacher specializing in yoga for the special needs child, who herself has an autistic son. Together Ora and United We Om will provide Yoga and Meditation practice and techniques for two organizations devoted to serving children and adults living with autism.

For eight consecutive weeks beginning in May, Ora will lead yoga and meditation classes at QSAC (Quality Services for the Autism Community), a non-profit providing services and programs for children and adults with autism to a group of twelve autistic adults and their caregivers as part of United We Om’s Karma Project program. United We Om’s Karma Projects connect specially trained yoga teachers with a wide variety of corresponding communities in need of the benefits of practice. As the mother of an autistic child, Ora is able to provide profound insight into how to best use yoga and meditation to serve the specific needs of people living with autism.

“Autism is a big part of my life,” says Ora, “I am passionate to share my experiences with yoga and my child.” Yoga as a complementary therapy for children and adults on the autism spectrum continues to gain popularity, because in addition to the many benefits traditionally associated with yoga, including improved strength, flexibility and a sense of calm, autistic children and adults also experience a reduction in pain, aggression, obsessive behaviors and self-stimulatory activities.

In addition to the eight-week program at QSAC, United We Om has teamed up with Family & Children’s, a non-profit helping the most vulnerable populations on Long Island, to provide yoga to children with autism and their families. Family & Children’s hosts a monthly event designed to help children with autism, or emotional issues, to bond with their family members. May’s event will take place on the campus of AHRC, a non-profit committed to finding ways for people with intellectual and other developmental disabilities to build full lives, and will feature a yoga class lead by Ora focused on connecting the families and children, while simultaneously sharing invaluable information about how they can incorporate yoga and meditation into their lives.

United We Om is currently providing yoga and meditation to women living in low-income housing, to homeless teenage mothers at Regina Residence as well as three Momma’s House locations, to Foster Children at Mercy First and to Latina teens who have attempted suicide at Life is Precious. United We Om hosts on-going by-donation yoga classes for the Long Island community at Lululemon, Manhasset and this year has partnered with Veterans Yoga Project and Team Red, White and Blue to expand the availability of no-cost yoga for all Long Island Veterans, Service Members and their families in 2016 and beyond. For more information about United We Om, 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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