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Youth Today is the ONLY national publication focused entirely on the latest news, best practices, information and issues surrounding youth and those who work with them.

Yoga, Meditation Lessons Work for Some Teens

By Meredith Rosenberg

NEW YORK — On a sunny school day last year, the last thing 20 teenagers seemed interested in was a yoga class. Most hadn't even bothered changing out of their jeans, leather jackets and baseball caps. Despite appearances, one in particular was different.

John was a senior at Humanities Preparatory Academy, a small alternative public high school for students deemed at-risk, yet with the academic potential to attend college. He's been assigned to the yoga class for the past three years.

“I thought it would just be a class of breathing, just calming the body down, that's it,” said John, 18.

Students at alternative high school in New York don't bother changing clothes for their yoga lesson.

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At-risk youth are those under 18 who are likely to drop out of school for a variety of reasons: substance abuse problems, a troubled home life or getting into trouble with the law. Trauma, poverty and violence often factor in as well.

Programs for at-risk youth have gained in popularity throughout the years as yoga has become more popular. Another contributing factor is that serious yoga practitioners and instructors are taught that they have a duty to give back to, or serve, underserved communities.

Read the full story on YouthToday.org at http://bit.ly/1BkDykJ