

# Yoga Benefits

We bring the center to you.

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For Immediate Release

Contact: Caryn Antos, Founder/Wellness Director - [caryn@myyogabenefits.com](mailto:caryn@myyogabenefits.com) or (843) 425.4806

## **At-Risk Elementary School Students Practice Yoga for Healthy Minds and Open Hearts**

- Local School Leads the Way for Mental, Emotional and Physical Well-Being Support of its Students -

**December 17, 2009 - (Charleston, SC)** (Charleston, SC) Yoga Benefits, a Charleston-based mobile yoga studio, announces the launch of Yoga Benefits Kids! at Memminger Elementary School. Students in the heart of downtown Charleston are experiencing a unique curriculum-based program for the first time that coincides with physical education grade-level standards while emphasizing literacy and international awareness.

The Charleston County School District (CCSD) proudly boasts the inception of this one-of-a-kind program that promotes whole health for local at-risk children. This is especially important since Memminger Elementary has one of the highest student concentrations of poverty in Charleston County. Yoga Benefits Kids! focuses on mental, emotional, and physical well being by weaving physical education, foreign language, social and international studies into each lesson. The program's unique methodology teaches students how to cope with overwhelming stresses<sup>1</sup> such as the loss of a loved one, divorce between parents, and the challenges that accompany serious financial constraints.

Just this week, an article in the Minneapolis-St. Paul Tribune explained that they have trained staff members teaching yoga at over 100 schools state-wide. "Educators are embracing yoga's principles and methods and touting its benefits: improved self-esteem, self-awareness, acceptance and focus; learning to quiet the mind and shift to positive, peaceful thinking; better posture, flexibility, balance and coordination, and an increased ability to cope with strong emotions and calm down."<sup>2</sup> "We already have clear evidence that yoga programs have an extremely positive impact on the students in our schools," says Clara Heinsohn, Director of Public Affairs and Volunteers, CCSD. "Yoga Benefits uses the knowledge we have about the progress that yoga lessons facilitate and takes their program a step further. This program offers an educational experience with every lesson, and truly fosters the students' needs for love and support."

The collaboration between Yoga Benefits and CCSD, sparked support from International Teacher Exchange Services (ITES), a global company based in the Carolinas that provides cultural exchange opportunities for educators worldwide. The company made a financial contribution to the program it believes is making a big impact on at-risk students locally. "As adults we are aware that yoga can provide significant enhancements to our well-being, helping us cope with stress, stay focused and positive," said Rory McNicholas, ITES founder. "The work that Yoga Benefits Kids! is doing with the CCSD and the students at Memminger Elementary is impactful for Charleston-area students and we immediately wanted to offer our support."

Enjoy the convenience of yoga. **Breathe. Relax. Grow.**

Studies show a strong link between yoga participation and better grades<sup>3</sup>. Josie Strong, PE teacher at Memminger Elementary, explains, "I am a firm believer in the power of yoga and the empowering effects it can have. I help the students as Caryn Antos (Yoga Benefits founder) leads them through a lesson. They want to do well; they really respond to her teachings."

### **About Yoga Benefits**

Yoga Benefits (YB) is a mobile yoga studio that conveniently brings specialty classes directly on site. Clients choose when, where, and what type of yoga their classes will be. YB makes it possible for adults and children alike to find center through exercises that focus on whole health to improve mental, emotional, and physical well being. YB enrichment and after school programs allow children to find focus and intention as they build strength, flexibility, confidence, and balance in life. Adult programs focus on stress relief, calming the mind, and becoming more familiar with the body. YB instructors are trained and certified to provide the best services possible at local schools, corporate offices, wellness centers, and yoga studios.

### **About International Teacher Exchange Services**

International Teacher Exchange Services (ITES) provides opportunities for schools and students in the U.S. to experience firsthand the benefits of having highly qualified international educators teaching in the classroom. ITES teachers bring unique international teaching methods and perspectives from all over the world to help U.S. students prepare for the global marketplace. ITES is headquartered in Charlotte, NC. For more information, visit [www.itesonline.com](http://www.itesonline.com).

1 [www.cnn.com/2009/HEALTH/11/13/kids.yoga/index.html](http://www.cnn.com/2009/HEALTH/11/13/kids.yoga/index.html)

2 [www.startribune.com/lifestyle/76320887.html?elr=KArksLckD8EQDUoaEyqyP4O:DW3ckUiD3aPc:\\_Yyc:aUUaA](http://www.startribune.com/lifestyle/76320887.html?elr=KArksLckD8EQDUoaEyqyP4O:DW3ckUiD3aPc:_Yyc:aUUaA)

3 Slovacek, S. P., et al. (2003) A Study of the Yoga Ed Program at The Accelerated School. p2, 10.

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