




KNOW A SCHOOL THAT DESERVES A MINDFULNESS MAKEOVER?

Nominate a public middle or high school for the opportunity to implement 108 YOUTH, a yoga mindfulness implementation program FREE (THANKS TO AN OFFER FROM THE 1440 FOUNDATION)

CALL FOR NOMINATIONS

MAY 1, 2014 DEADLINE



WHAT IS 108 YOUTH? 108 Youth is game changing, “wrap around” social and emotional learning through yoga. It embeds mindfulness practices into a school community, changing the climate in a way that remains sustainable without further financial investment. In collaboration with 108 Monkeys, school staff will learn to add yoga and meditation into the school day in ways appropriate for every member of the school community (including all students, teachers, non-teaching staff, family members). Includes a peer leadership component, with students earning the opportunity to become yoga teaching assistants or yoga research assistants at their school.

MOTIVATE

108 YOUTH was implemented for an entire 9th grade in a New Haven public high school last year. Negative behaviors in school—i.e., cutting class, impulse control problems, and both mild and severe disciplinary issues—fell 20-50% compared to the prior year’s 9th grade cohort. Student stress was also reduced by yoga, as measured by cortisol levels.

APPLY

To request an application and an interview contact jen@108monkeys.org with:

- School name and address
- Contact person’s e-mail and telephone
- Size of school population (number of students, number of staff)

LEARN MORE www.108monkeys.org

