



# TRANSFORMATION YOGA PROJECT

## YOUTH SERVICES

Every child and young person deserves equitable access to tools that support their physical, mental and emotional health. Our **Youth Services** provide trauma-sensitive programming that combine mind-body practices, like yoga and mindfulness, with experiential exercises that build resilience and provide an opportunity to connect to self and others in community.

### Our Mission

Transformation Yoga Project (TYP) is a 501c(3) non-profit that serves people impacted by trauma, addiction, and incarceration through trauma-sensitive, mindfulness-based yoga programs driven by education and research. Founded in 2013 - we offer three different program services: Recovery and Behavioral Health, Justice and Reentry, and Youth.

*The Adverse Childhood Experiences Study (ACES) found that early adversity experienced in childhood & adolescence can have lasting impacts on health and wellbeing.*



**1 in 8**

children have experienced three or more ACES that may impact their health & development



**5**

protective factors, including resilience and social connections have been identified to support well-being



**1/3**

young people in Southeastern Pennsylvania are in need of mental health services, yet only 4% receive care

### BENEFITS OF YOGA AND MINDFULNESS FOR YOUTH

Research shows mind-body practices help reduce impact of trauma, foster resilience, and increase social and emotional competence so that young people can achieve their fullest potential.

**Extensive evidence and research demonstrates that programs, like ours, provide immediate and long-term benefits for young people.**

#### a single practice



**increases**

focus, concentration, & awareness



**decreases**

perceived stress & physical tension

#### a regular practice



**increases**

emotional intelligence, self-regulation, self-esteem, hope & compassion



**decreases**

anxiety, depression, impulses and hostility

#### ultimately leading to



**overall improved wellbeing**



**increased**

physical, mental, emotional, spiritual & social health

visit [www.transformationyogaproject.org/research](http://www.transformationyogaproject.org/research) to learn more about the 30+ research studies that support yoga and mindfulness



# OUR YOUTH SERVICES TRAUMA-SENSITIVE PROGRAMMING

Through a strengths-based & resilience-building approach, we provide spaces for young people to learn yoga and mindfulness skills to support their wellbeing. In our programs we encourage young people to work together with their peers and facilitator to co-create an environment where everyone can be themselves, connect in community with each other, and work toward their highest potential.

## Our Youth Services combine:

- Mindfulness Activities  
*Experiential exercises to build the skill of present moment awareness through a lens of non-judgement and compassion.*
- Social-Emotional Learning  
*Activities to recognize inner world- thoughts, feelings, emotions- to strengthen relationship to self & others.*
- Trauma-Sensitive Yoga  
*Breath-centered movement to help individuals develop a positive and empowered relationship to their body.*

**We have grown to provide a variety of programs for youth in order to support key protective factors for overcoming adverse experiences.**

## We offer our 15+ programs partners:

- Ongoing weekly trauma-sensitive yoga and mindfulness classes
- Adaptive curriculum-based programs focused on four skill building modules
- Staff development, teacher in-service & professional development for people working with youth



**On average we offer 20 classes per week in 7 counties in Pennsylvania & Delaware**

## We seek to provide accessible & inclusive programs for:



**Young people in school-based settings**  
where prevalence of trauma and/or chronic stress is high.



**Youth who have been removed from their homes** and are residing in therapeutic schools, foster care or shelters.



**Young people who have been impacted by the justice system** residing within detention centers or placements.

**CONSISTENTLY, EVALUATIONS OF OUR PROGRAMS REVEAL IMMENSE BENEFITS FOR OUR YOUTH PARTICIPANTS:**

***"I like how yoga helped me escape a little within my day. It helps me relax and focus. The most helpful part of yoga was that it lifted up my mood."***

- TYP Participant at Detention Center

***"I feel enlightened with new skills to relax."***

- TYP Participant at Therapeutic Day School

***"Yoga helps me feel grounded."***

- TYP Participant at Detention Center



# 84%

of participants evaluated at a youth detention center **responded positively to a statement indicating resilience**

**For more information contact:**  
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