

EMPOWERING YOUTH THROUGH MINDFULNESS AND YOGA

Maynard Jackson students from ages 14-18 learned stress relief, flexibility, and athletic enhancement techniques through yoga and mindfulness sessions completed in January 2024, paving the way for expanded offerings with more classes for the remainder of the 2024-2025 school year. Students are receiving a total of 30 donated yoga sessions!



Special Thanks to TNP Foundation for funding the project and to Lululemon for generously providing yoga mats to every student!

40
Participants

17
9th Graders

7
10th Graders

8
11th Graders

8
12th Graders



What's the most important thing you've learned or gained from participating in TNP yoga sessions?

"Breathing to slow things down."

"That stretching and being flexible helps with being more athletic and can prevent injuries."

"To keep peace in yourself and to breathe."

"The body can do many things."

Hispanic: 10%

Caucasian: 27.5%

African American: 62.5%

