



## 5 Healthy Towns Year 8 Proposal from Eventually Group

Eventually Group exists to organize and promote informed conversations about the impact of depression and mental health on our community's youth.

Eventually Group began as a small student-led group advocating for greater mental health. These students now partner with business owners, mental health professionals, parents and local leaders to address the critical issue of depression and mental health in our community.

Eventually, it gets better.

Eventually Group is a 501(c)3 Tax Exempt Nonprofit.

### Youth Yoga & Mindfulness

Yoga & Mindfulness offers this population powerful benefits and a proven means to helping combat the debilitating and sometimes life-threatening potential of living with anxiety and depression. This community has seen more than the state's average of suicide amongst this age group in the last several years, and Eventually Group wishes to add a means of accessing quality yoga and mindfulness instruction to its members and all Chelsea and surrounding area youth.

**What:** Weekly 1 hour yoga and mindfulness classes after school at Breathe Yoga Studio in downtown Chelsea at no charge to students.

**When:** During term time, 2 sessions of 12 weeks to run January-April, and September-December.

Content of classes: To include yoga postures, meditation and mindfulness, journaling, positive affirmation, sharing circle, related art projects, karma yoga opportunities - local service work, and many more activities that build self-compassion, kindness, sense of worth, focus and creativity, self-regulation and many other social and emotional intelligence skills.

**Cost:** Approximate cost for one year of classes (24): \$1,500.

Breakdown: Instructor cost: \$50/class

Supplies for class : \$300 Supplies include books, journals, art supplies, snacks, etc.

**Other information:** Breathe Yoga will donate their studio space and equipment to hold these classes. Classes will be taught by qualified instructors with specific training in this age group. A donation of 15 high quality mats from Manduka has already been procured for this purpose.

Research and further reading:

[https://www.huffingtonpost.com/monica-gray/yoga-mindfulness-and-kids-the-value-of-disconnecting\\_b\\_8201196.html](https://www.huffingtonpost.com/monica-gray/yoga-mindfulness-and-kids-the-value-of-disconnecting_b_8201196.html)

<https://www.forbes.com/sites/alicegwalton/2018/07/28/mind-body-practices-like-meditation-and-yoga-help-teens-wit-h-anxiety-study-finds/>

<https://www.psychologytoday.com/us/blog/urban-survival/201505/7-ways-yoga-helps-children-and-teens>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4605219/>

Respectfully prepared and submitted by Sue Whitmarsh, Secretary, Eventually Group, and Owner and Lead Instructor, Breathe Yoga, and Young Yogis.