

*"Some of the students who've been coming to the meditation class are quite difficult, one has been on suspension, and one has learning difficulties. Other teachers, without knowing why, have commented on the change of behavior in these students after just one meditation session. The first week we had 21 students attend and the second week it was 27, so they've been telling their friends. I'm really surprised to see some of the students who've turned up."*

*- Vice Principal Eric Mendelson  
Kurt Hahn High School, Brooklyn, NYC*

*"The vast majority of students who attended the meditation sessions said how much they'd enjoyed it. This could bring about a fundamental change in how students relate to the outside world."*

*- Ian Forster, HealthCorps Coordinator  
Lower East Side Preparatory School, Manhattan*

Presented by:

SAHAJA YOGA  
MEDITATION

Classroom meditation  
workshops across  
the country

# Meditation for students and teachers.

*"I've never been able to read a book, because I can't focus, the words go in one ear and out the other. I've not been able to meditate at home, just in the three classes I came to in school. I am certain that it was because of the meditation that I can now read a book and take it in, that's never happened to me before."*

- Anonymous Student

## Why should I be interested?

We've worked with the HealthCorps organization for over 10 years now, offering meditation classes in high schools in 19 states.

Meditation helps students to be more responsive, calm, and improve relationships with other students. Teachers have been consistently impressed with how the students can sit quietly and learn from the experience.

Each meditation workshop will be tailored to the age group, and can run from 30 minutes to 1 hour, depending on the grade level.

Classes are also available for teachers.

## What is it?

Our team consists of trained volunteers from around the world, conducting classes with students from grades 1 - 12. The objective is that each student can experience a state of mental silence as the first step to inner peace and balance - using techniques appropriate to each age group. The Meditate America Tour is an international initiative to bring meditation instructors from around the world to offer free classes to communities in the United States and Canada.

*"What I notice most about learning to meditate with over twenty high schools students is this amazing power in the silence of the group."*

- Sarah Fishstrom, HealthCorps Coordinator

## What is the cost?

**It is free!** Trained volunteers are motivated by their own profound experience of meditation and feel immense satisfaction from sharing it with others as a community service.

Learn more at [wemeditate.co](http://wemeditate.co).

