Street Yoga builds capacity in youth through yoga and mindfulness to overcome suffering and cope with trauma.

We accomplish this in two ways:

1) Offering trauma-informed yoga and mindfulness classes at organizations that serve youth who have experienced Adverse Childhood Experiences (ACEs).
2) Equipping professionals who work with youth with trauma-sensitive tools for integrating yoga and mindfulness into their work.

We envision a world where everyone has access to yoga. Youth, families and their caregivers will employ tools learned from yoga, mindful breathing and compassionate communication, to grow stronger, heal from past traumas, and create for themselves a life that is inspired, safe and joyful.

We value commitment and service, dignity and acceptance, truthfulness, community, celebration and gratitude, loving kindness, quality and discipline, safety and privacy.
“[Street Yoga] teaches them a sense of calmness and peace they don’t get to experience in their own family lives. Tools to learn to relax and calm down when feeling triggered are fantastic!”
- Street Yoga program site staff

“It’s been awesome to watch their looks of initial trepidation transform into looks of confidence and even joy.”
- Street Yoga program site staff

“The more I move into yoga and body-based mindfulness practices, the more I work on my own resilience and my own healing, the more I realize I have capacity and capital, something I can share.”
- Mark Lilly, Street Yoga Founder

“When you’re doing a lot of the yoga it helps you breathe in. When you’re breathing deeply it helps you get rid of a lot of that stress.”
- Street Yoga Practitioner
At Street Yoga we believe that access is a social justice issue. Everyone deserves the healing benefits yoga and mindfulness offer. With the commitment to access as our guide, we provide two primary services:

1) Equipping youth-focused service professionals and yoga teachers internationally with tools to bring yoga and mindfulness classes, exercise and techniques into the work they are already doing with young people with adverse childhood experiences (ACEs).

2) Bringing trauma-informed (and occasionally, population-specific) yoga and mindfulness classes to organizations that serve youth in Seattle, Washington.

The beauty in what we offer, is that once a young person learns how to focus their breath or feel safe in their bodies, we have empowered them with a skill set they can draw on for the rest of their lives. A toolkit, if you will, for becoming centered, calm, in control, responsive instead of reactionary and with a sense of their individual purpose and inherent alive-ness. This is something that no one can ever take away from them no matter how transient or chaotic their life is, their economic status, family history, or their educational or career opportunities.

Yoga and mindfulness are shown to reduce stress and anxiety, enhance mental clarity, build strength and flexibility, improve self-esteem and body image as well as promote self-discipline and self-control.

“Research suggests that self-control is a better predictor of academic achievement than IQ and concludes, ‘A major reason for students falling short of their intellectual potential is their failure to exercise self-discipline.’ This presents a strong inductive connection. If self-control improves academic achievement and yoga increases self-control, it stands to reason that yoga must enhance academic achievement.”

-A Necessary Catalyst: Dismantling the School-to-Prison Pipeline with Yoga, Bidyut K. Bose, PhD, E-RYT

We believe that by providing youth access to yoga and mindfulness that we impact change at the individual level through the students and professionals we reach, and the community level, by facilitating access to tools that help develop self control, which is shown to positively affect high school graduation rates. This in turn decreases juvenile incarceration, high school pregnancy, and drug use rates, and increases the likelihood of a young person attending college and gaining employment.
**TRAININGS**

**Level 1: Trauma-Informed Yoga For Youth Training**
Equipping yoga teachers and youth workers with skills to teach yoga and mindfulness to youth with histories of trauma

*This training is a requirement for teaching for Street Yoga*

**Level 2: Advanced-Yoga Service Training**
Providing support for those who are ready to deeper explore what it means to become a yoga service professional

**CLASSES**

**Trauma-Informed Yoga Classes**
Bringing yoga and mindfulness classes to homeless shelters, treatment centers, and schools serving youth facing adversity

**Population-specific Yoga Classes**
(Coming soon)
Yoga and mindfulness classes for specific demographics, e.g. young people experiencing disordered eating or who have histories of sexual abuse