

**BENT ON LEARNING (BOL)** is a 501(c)3 organization and leader in the movement to bring yoga into classrooms. Our mission is to improve the overall health and learning-readiness of all New York City children and teens by making movement, breathing and relaxation techniques a regular part of a child's school day and learning experience. In so doing, we help to improve kids' social and emotional skills and academic achievement.

To date, we have implemented our program in 54 schools, taught 22,000+ students in grades pre-K through 12 and trained over 100 yoga and classroom teachers through a Yoga Alliance certified RCYT training.

Research shows that regular exercise can have both immediate and long-term benefits for young people. In addition to improving the ability to make healthy life choices, engaging in physical activity improves children's ability to concentrate on classroom tasks almost instantly.

#### **OUR PROGRAM**

Over the past 15 years, Bent On Learning has developed a comprehensive yoga program for elementary, middle and high school students throughout New York City. We have worked closely with school leadership to develop a solution that fits the specific culture of each school and that meets the diverse needs of all students in an urban school environment.

Unlike other programs that focus solely on physical health, mindfulness or academic achievement, our curriculum addresses the whole child and develops physical, social and emotional intelligence in our students. Our intervention provides physical activity once or twice per week during the school day, while circumventing the need for large gyms or playing fields, expensive equipment or special clothing. Additionally, it provides students with opportunities to develop positive relationships with adults and peers, explore self-interests, engage in experiential learning and build self-esteem. All of these skills have been demonstrated to serve as building blocks for academic achievement in students in kindergarten through 12<sup>th</sup> grade.

#### **IMPACT**

Research of interventions similar in design to that of BOL suggests that yoga is successful in reducing stress while improving mood and well-being. Both children and adolescents show improvements in physical and emotional well-being following yoga classes. In addition, yoga cultivates competencies in mind-body awareness, self-regulation, and physical fitness—core skills that support children in being successful in and out of school.

To find out more about our program or to discuss scheduling and budget, reach out to Bent On Learning at [info@bentonlearning.org](mailto:info@bentonlearning.org) or 917-523-5357.

#### **Yoga Helps Me...**

*Just take a breath when I can't do something or can't focus.*

– Gabriella, Third Grade

*Feel like I can take on the world.*

– Aly, Sixth Grade

*Feel more peaceful. When I'm angry or stressed, I come out of yoga calm instead of with negative emotions.*

– Jennifer, Junior

*Yoga helps me think before I speak and act!*

– Cadene, Senior