

# EDUCATION

## Empowerment

### Seminars teach young people how to deal with everyday stress

Students frequently experience stress, whether it is anxiety over school, work, social situations or family relationships. Recognizing the onset of discomfort associated with stress and knowing how to manage it is valuable knowledge that allows students to confidently endure the never-ending roller-coaster ride of life.

By Vicki Isacowitz

#### ON THE CHALKBOARD

toxins and stress by relinquishing negative emotions and revitalizing the body. Kriya uses specialized rhythms of breath to reestablish balance in life. Simultaneously, body cells are infused with oxygen and energy. Practiced internationally, Sudarshan Kriya is the core component of Art of Living courses.

ART EXCEL is an educa-

tional component of Art of Living courses, focusing on "helping young people excel in life." It educates children and teens about managing stress and human values. YES-Youth Empowerment seminars are held worldwide, teaching young people between the ages of 13-18 how to manage and deal with everyday stress.

The 18-hour program is conducted over a five to seven day period. It includes practical tools for dealing with negative emotions, relaxation and stretching exercises, problem-solving strategies, leadership training, social skills development and creative projects. Students learn how to eliminate stress, handle emotions, deal with peer pressure and develop greater confidence.

"We need to do a cleansing process within ourselves. In sleep we get rid of fatigue, but the deeper stresses remain in our body. Sudarshan Kriya cleanses the system from the inside. The breath has a great secret to offer."

— Sri Sri Ravi Shankar

Additional techniques are provided to increase mental focus and expedite the learning process. Children and teens are given resources to be responsible while maintaining their qualities of youth: uninhibited, joyful, creative, loving and fun.

Trained instructors working with young people through YES believe that modern education focuses more on the academic subjects with less time devoted to the mind, emotions, how people relate to others and the stress of living in a complicated

world. When these factors are given more attention, students are able to perform better in school, relationships and their dealings with stress. Through the basic functions of inhaling and exhaling breath, effective outcomes are experienced by a variety of people, not just those who are New Age believers. Police chiefs, juveniles committing violent crimes and the "typical" teen have all benefited from learning and utilizing Kriya.

In 1998 and 1999, medical studies and research published the following effects of Kriya:

- Reduces levels of stress-Cortisol-the "stress hormone"
- Relieves anxiety and depression
- Restores normal sleep patterns
- Increases health, well-being and peace of mind-EEG alpha and Prolactin — the "well-being hormone"

Learning and practicing precise methods of breathing rids stress from the nervous system. A calm centered state of mind,

clearer thinking and an open, receptive intellect are the results of stress reduction. Through YES, young people are given appropriate tools that allow them to meet the challenges of education that can also be applied to everyday life.

The Youth Empowerment Seminar is currently being offered for two more sessions through July 11. The workshop is being held in Alpine Meadows at the Stanford Chalet. All students are encouraged to participate. For more information about Art of Living, YES, Kriya and ART EXCEL, call local contact, Erika Priman at (530) 412-3151 or visit [www.artofliving.org](http://www.artofliving.org).

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