

Headstand

Higher test scores; higher performing teachers; committed parents; enriching physical education programs and art programs; focused students ready to learn. These are just some of the goals every school across the country seeks to achieve. Headstand's programming and curriculum puts them within reach by providing teachers and students with the techniques to conquer challenges rooted in stress rather than succumb to them. Headstand's programs are more than a yoga class; they are a holistic approach to incorporating a mindfulness curriculum into students' and teachers' daily life.

Headstand shares the mission of the RMYF by helping disadvantaged youth reach their full potential by means of innovative services. Our curriculum is the only yoga program that works with the entire school community to create a less stressful and more open school learning environment. Additionally, by aligning with state physical education standards, Headstand's programs are unique by combining daily exercise—a lacking component to most public or private schools—with mindfulness training that brings about positive changes for the emotional well-being of students.

One of Headstand's innovative goals for the 2012-2013 school year is providing kids and teens with the tools they need to close the achievement gap. Headstand believes that through its yoga and mindfulness curriculum, it can transform schools one student at a time. When students learn strategies to reduce stress and increase physical activity, the mental slate is open for engaged learning and overall wellness in schools.