



# Youth Empowerment Seminar

*Empowering young people to live to their highest potential*

The Art of Living Youth Empowerment Seminar (YES!) is an innovative and dynamic educational program for teens. YES! utilizes yoga and special breathing techniques to calm the mind, relax the nervous system and increase energy. YES! is an innovative program that provides essential coping skills and the wisdom teens need to meet life with an unwavering smile, no matter what the circumstance.

Traditionally, the emphasis in education has been placed on academic achievement, yet the true measure of success in life is health, happiness, enthusiasm, and the ability to deal effectively with life's challenges.

The YES! program is both fun and challenging, bringing together teens from all ethnic, racial and religious backgrounds, broadening their vision of the world and providing them with the practical knowledge and skills they need to realize their highest potential.

## Program Overview

The initial 18-hour seminar is presented by specially-trained Art of Living teachers, using techniques offered only through the Art of Living Foundation. These techniques infuse the system with energy and harmonize the natural rhythms of the body, mind and emotions.

The YES! seminar provides tools for releasing stress through unique relaxation & breathing exercises, effective problem-solving strategies, leadership and social skills, and advanced techniques for conflict resolution. Studies have shown that the breathing techniques are effective in reducing

## Benefits

- » Reduced Stress
- » Ability to manage negative emotions
- » Increased health & well-being
- » Improved mental clarity & focus
- » Greater creativity
- » Improved self-esteem & confidence

anxiety and depression and may also boost the immune system.

Once learned, the student may implement these techniques in any setting to bring about a state of calm and relaxation. Along with teaching these practical stress-reduction techniques, the program also includes a valuable human values curricula.

## Empowering Students

The program includes experiential processes that are

designed to help teens feel at ease in challenging situations, and foster the increased confidence and inner strength needed to better handle criticism and peer pressure. By designing their own volunteer project, students are empowered to take more responsibility and further develop an attitude of service toward others and caring for the planet.

Special emphasis is placed on the development of human values such as: nonviolence, compassion, kindness, friendliness, and an attitude of service toward others. These basic human values are found in all traditions, religions and cultures, and help students to appreciate diversity, feel a sense of belonging, and resolve conflict through nonviolent means.

Through discussion, games, exercises and stories, students broaden their vision and learn important life management skills they can use for the rest of their lives. Post-course follow-ups include opportunities for students to refresh their understanding of the techniques learned, and to receive adult support and mentoring of their community service projects.