



HOLISTIC LIFE FOUNDATION



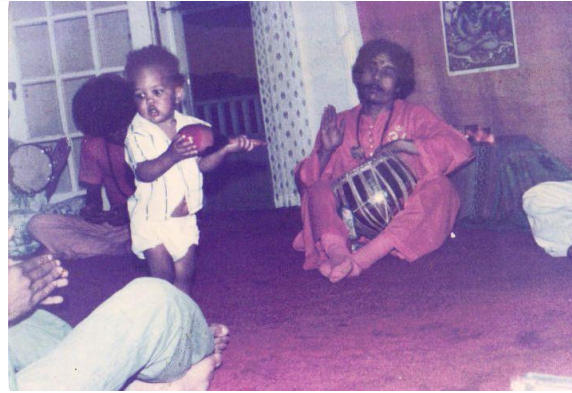
# Loving Kindness Practice

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# HLF History



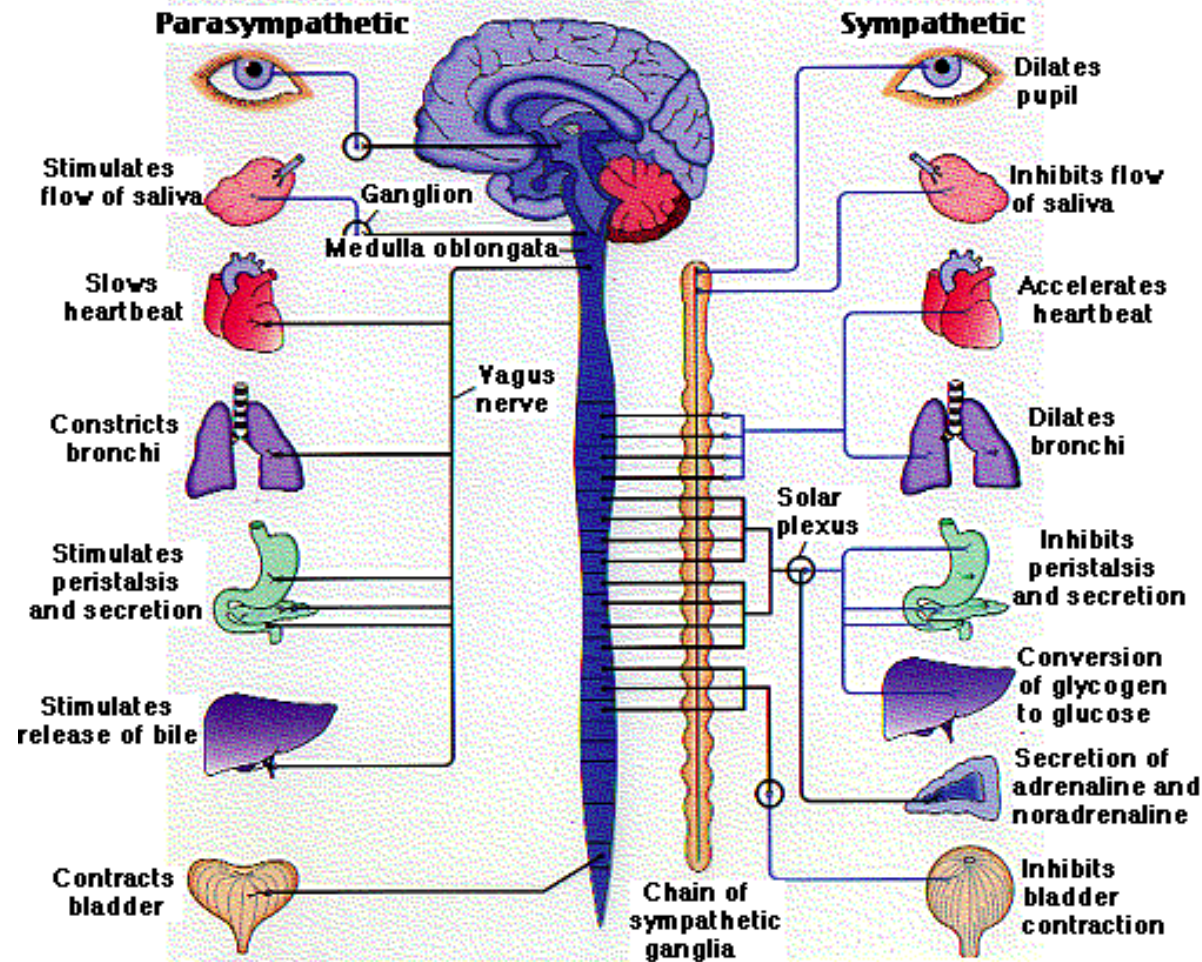
Larry Jackson







# Belly Breath





# Holistic Me



# Mindful Moment

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## “Changing Detention to Meditation”

- 13 Schools in Baltimore
- Somerset County
- Fairdale High School, Louisville, KY
- Madison, WI





# B.A.M

## Breathing

- Belly Breath
- Stress Breath
- Body Relaxation

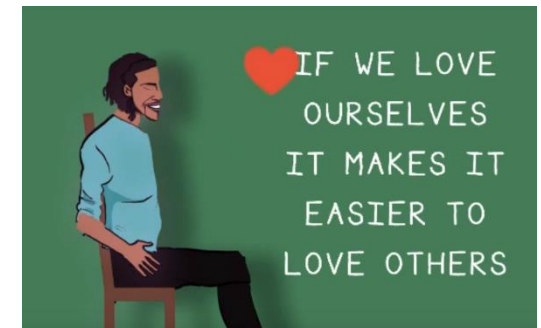
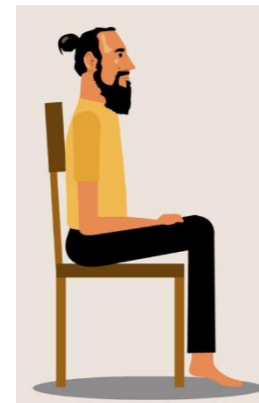
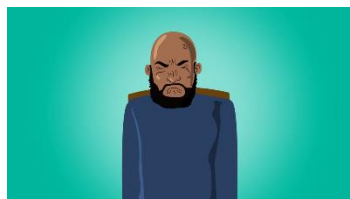
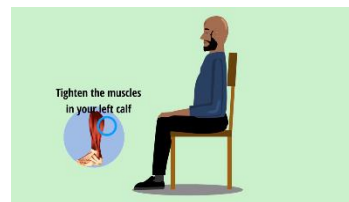
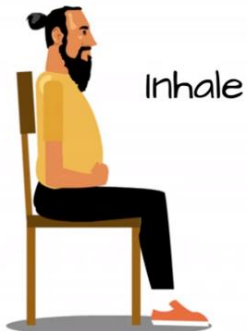
## Movement

- Seated Frog
- Push Pull

## Compassion

- Loving Kindness

- On-line curriculum, audio files, animations
- 3 part implementation plan
- Professional development, site visits, assemblies
- 11 practices





# Yoga and Mindfulness Study

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- Partnership with Johns Hopkins University Bloomberg School of Public Health and Penn State University
- First and only randomized controlled trial with urban youth and yoga

## **Pilot:**

- 12 week curriculum, classes four times per week
- Students showed increased concentration, ability to control emotions, got in less trouble in school, decreased rumination

## **2<sup>nd</sup> round:**

- 24 week curriculum, classes twice per week
- 4 schools to 6 schools and more students (from 100 to 250)
- 3 year study instead of 1 year
- Includes physiological measures and school based measures, not only cognitive measures
- Federally funded not just private donors
- Not only pre- and post- but follow up assessments (6 month, 12 month, 18 month)



# Mindful Breathing and Meditation Study

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- Partnership with Johns Hopkins Bloomberg School of Public Health and Penn State University
- 2<sup>nd</sup> study with this partnership
  
- 12 week curriculum
- High school students
  - 3 high schools
- Randomized controlled trial
  - Control group gets health mentoring program
- 4 days per week (Monday – Thursday)
- 30 minute sessions
- Only breathing and meditation
- Homework assignments

# Juvenile Justice

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- Baltimore Juvenile Detention Center for Males
- Thomas J. Waxter Children's Center for Girls
- DJS Reporting Center



# Empowerment through Practice

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# Practicality of Practice

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PEOPLE FROM BALTIMORE



# Mindful Leader Satellite Program

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- “Best solutions are homegrown”
- Piloted in Charlottesville, VA
- Partnership with Boys and Girls Clubs
- Award Winning
- Focus on training 18-24 year old local youth
- 2 HLF senior staff live in the city
- HLF Co-Founders facilitate trainings
- Mentorship and apprenticeship
- Visit to Baltimore
- Local point person



# Authenticity

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These practices aren't something you do they are something you are





# Next Thought Silent Reflection

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