

MEDITATION/YOGA GROUPS FOR YOUTH

The Lineage Project: See articles and interviews on this web page.

Phone: 718-993-1854

www.lineageproject.org

The Mind, Body Awareness Project: mind, body, and life skills for at-risk youth in the Bay Area, particularly in the East Bay.

PO Box 423387

San Francisco, CA 94142

Phone: 510-764-9594

www.mbaproject.org

Yoga for Youth provides yoga classes for incarcerated and at risk youth and is developing chapters across the country.

Yoga for Youth (main office)

1035 South Cloverdale Avenue

Los Angeles, California 90019

Phone: 323-735-0500

www.yogaforyouth.org

New York City contact

Jagadisa Dracus: 646-228-4894

Washington D.C. contact:

Maryada Preston: 301-417-0955

The Bay Area contacts:

Jamillah Sabry: jamsab@hotmail.com

Melissa Reyes, Bay Area coordinator: mariposayoga@yahoo.com

Portland, OR contact:

Rion Lyle: rionlyle@yahoo.com.

Youth Horizons is based in the Bay Area, and they provide classes in meditation, yoga, and council practice to incarcerated youth.

Youth Horizons

1008 General Kennedy Ave, #5

San Francisco, CA 94129

Phone: 415-561-6737

www.youthhorizens.org

RELATED ORGANIZATIONS

Challenge Day provides youth and their communities with experiential workshops and programs that demonstrate the possibility of love and connection through the celebration of diversity, truth and full expression.

3237 Alhambra Ave., Suite 2

Martinez, CA 94553

925-957-0234

www.challengeday.org

Drumming for your Life: The Rhythm of Transformation program uses rhythm to help youths cope with emotions and improve self-esteem. Teens learn to maintain control over anger and impulsive behavior in order to connect and communicate with others, and envision a more positive life.

2132 Montana Ave., Suite B

Santa Monica, CA 90403

(310) 453-2348

www.dfyl.org

Each One Reach One engages theater artists, college students, and community members to work one on one with teens in juvenile detention facilities and alternative schools throughout San Mateo and San Francisco counties.

P.O. Box 1098

Pacifica, CA 94044

Phone: 650-738-3023

www.each1reach1.org

Mosaic Multicultural Foundation: This website connects you to events, retreats, and resources, some of which are intergenerational and/or directed toward youth. They believe that genuine learning involves practices that hold the sacred close to the heart of culture.

4218-1/2 SW Alaska, Suite H

Seattle, WA 98116

Phone: 206-935-3665

www.mosaicvoices.org

Tai Chi Youth is an educational organization that teaches lots of classes from meditation to tai chi to at-risk youth. They offer lots of scholarships and are inclusive of diverse needs.

P.O.Box 602

Tujunga, CA 91043

phone: 818-293-1616 Call between 10:00am – NOON (PST)

www.taichiyouth.org

RECOMMENDED RESOURCES

- [Dharma Related Books](#)
- [Teen Retreats](#)

Antioch College Buddhist Studies Program in India is a study abroad opportunity for undergraduate students who would like to spend one of their fall semesters in Bodh Gaya, India, the spot of the Buddha's enlightenment. This program has been taking place for over 25 years, and offers a unique learning environment for students who want both academic and experiential learning in Buddhist Studies.

Antioch College Study Abroad Office

Phone: 937-769-1013 or 800-874-7986

www.antioch-college.edu/Edu_Abroad/in_prog.htm

BAYAS, or Bay Area Young Adult Sangha, is a loosely organized community of over 250 people in their 20's and 30's who are Buddhist practitioners both inside and outside of the Bay Area. There is a weekly sitting meditation group in the East Bay as well as periodic potlucks, parties, and other gatherings. To receive updates about events and to post events yourself, you can join the email list by logging onto the website. Also, this website is a great resource for dozens and dozens of Dharma talks from many teachers.

www.bayas.info

Dharma Realm Buddhist Youth consists of high school, college, and graduate students and young adults who are interested in applying Buddhist principles to their daily lives. This is a community of youths from diverse backgrounds who are eager to apply Buddha's teachings in issues ranging from personal identity, social engagement, to philosophical curiosity.

www.drby.net

Through the **Fellowship of Reconciliation**, the national **Peacemaker Training Institute** trains young adults 17-25 years old in the philosophy and strategy of nonviolent social change. Living in community for a week to 10 days, 15-25 participants ground themselves in the history of social change, theory, practice, and religious roots of nonviolence, learn about the connections between racism, militarism, and poverty, among other issues, build cross movement relationships

with both young and experienced activists, and develop anti-racist organizing skills within a personalized campaign for social change. Sliding scale cost, scholarships and fundraising support available.

Fellowship of Reconciliation

521 N. Broadway

Nyack, NY 10960

Phone: 845-358-4601

www.forusa.org/programs/pti/pti_national.html

GLASS: Gay & Lesbian Adolescent Social Services presents a

beginners' meditation group, Wednesdays at 5:00 pm. Free.

99 Mass Ave., Boston, MA

617-266-3349

www.bgladco.com/community/youth.htm

Insight Meditation Society provides this program to support younger members of the community who are interested in meditation. By offering financial assistance to those aged 18-25 who would like to sit a retreat at IMS, they are working to make the teachings of the Buddha accessible to all, regardless of financial circumstances.

Insight Meditation Society

1230 Pleasant St.

Barre, MA 01005

Phone: (978) 355-4378

www.dharma.org/ims/youth_outreach.htm

Life Transition Institute includes specific programs for youth, people of color, women, and men. The programs involve deep inquiry into ourselves to illuminate and heal the root beliefs that lead to racist behavior and social injustice. They use various meditation techniques to learn to cultivate an awareness and compassion to support such internal change.

110 Delgado Street

Santa Fe, New Mexico 87501

Phone: 505-982-4183

Phone Consultation: 1-800-547-2574

www.lifetransition.com

Spirit Rock Teen Program through Spirit Rock Meditation Center in Marin County, California has special retreats for middle school age and high school age youth. They offer meditation, rites of passage, sweatlodge, and council practice, as well as others.

www.spiritrock.org/html/teen_program.html

Urban Dharma is an excellent resource for a wide range of writing, programs, and links on many aspects of engaged Buddhism, interfaith work, Buddhist hospice work, the ordained community, and many more.

www.urbandharma.org

On the following page there are writings by youth in juvenile hall.

www.urbandharma.org/kusala/revkus/award.html