

YES! (Youth Empowerment Seminar)



Presented by IAHV in association with the Art of Living Foundation

As youth today face many challenges both inside and outside the classroom, YES! for 14-18 year olds was introduced to develop creativity, leadership skills and nurture greater inner strength for managing negative emotions, conflict, peer pressure and criticism.

Running for 3 hours a day for 6 days, this challenging and fun-filled course combines practical knowledge and skills-training with breathing techniques, meditation and dynamic yoga, empowering young people to realise their highest potential. Cutting across all cultural and religious boundaries, YES! places a special emphasis on education that encourages academic excellence, a broader vision of the world and an attitude of service towards others.

YES! is unique as it is not based on quick-fix solutions, theoretical concepts, or superficial success formulas – rather, it teaches practical tools that can immediately be put to use for direct and tangible results.

Benefits

- Stimulates the intellect, triggers the mind and stretches the body
- Establishes vibrancy, dynamism and readiness to change
- Increases the ability to approach challenging situations with confidence, clarity and focus
- Enhances leadership, teamwork and inter-personal skills
- Improves performance through heightened awareness and greater enthusiasm and commitment
- Increases physical energy by bringing out a greater overall balance in the system
- Improves self-esteem and reduces stress through techniques that can be practised at home

Experiences

"An awesome experience...It taught me to enjoy the simple things of life and be happy, come what may."

"A very refreshing, calming experience in this crazy, fast-paced world. I am definitely more focused and relaxed after taking this course. I would whole-heartedly recommend it to everyone."

"My overall experience wasn't just good, it was actually great...I think it improved me as a person; my character and my outlook on life. Before I was a little less sure of myself but now I feel more full."



International Association for Human Values & the Art of Living Foundation
IAHV is a registered charity in the UK (no. 1103261).
www.artofliving.org | www.artoflivingyouth.org | www.iahv.org.uk



IAHV and the Art of Living Foundation

The International Association for Human Values (IAHV) was founded in Geneva in 1997 by, among others, His Holiness Sri Sri Ravi Shankar and the Dalai Lama. IAHV, together with its sister organisation, the Art of Living Foundation, works at uplifting society at large by empowering the individual to effect positive change in the wider community.

The Art of Living Foundation is an international not-for-profit humanitarian and educational organisation, active in over 150 countries worldwide. The Foundation works in special consultative status with the

Economic and Social Council of the United Nations, participating in a variety of committees and activities relating to health, sustainable development and conflict resolution.

His Holiness Sri Sri Ravi Shankar, founder of the Art of Living Foundation and the IAHV, has inspired a global phenomenon of caring and service that transcends any boundaries of race, religion or culture. In just 25 years, Art of Living programmes have benefited over 20 million people worldwide from all walks of life.

YES! in the US (2006): a snapshot [partial listing]

- 3-year YES! Programme funded by Florida Department of Education through Safe Schools Healthy Students Initiative (SSHS), to promote academic progress and reduce violence and absenteeism
- YES! Programme in Washington D.C. reaches more than 100 students at Bell Multicultural High School
- New York City YES! offered as alternative credit for health, gym, and wellness classes in two public schools, YES! And Art of Living Educator Courses integrated into 4 public high schools
- YES! Programme taught at Academy for Ideal Education Public Charter School in Washington, D.C and YES! offered through private grant to 112 Baltimore students at inner city Northwestern High School
- 6-year ongoing YES! Programme at Los Angeles High School



YES! for your School/College/Community

Special programmes and follow-ups are available and can be arranged during term -time after class or in the half-term or summer holidays. For more details, please email youth@artoflivinglondon.org or call Rashmi Desai on 0773 842 8716.

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