

A Peaceful Society starts with Peace of Mind

Since the main goal of the Philadelphia Field Project is to improve the quality of life of people in the community, my project focused on bringing a sense of renewal to the community at the level of the individual. I led a workshop titled, "Breath Water Sound" that provides tools for improving health and mental focus. It consists of Yoga exercises, breathing techniques, meditation, sound, games, and singing. I conducted a five-day workshop for stress relief at a residential drug rehabilitation center for women and their children in Center City Philadelphia. I also worked with principals in West Philly High Schools to inform them of a program called YES! That stands for (Youth Empowerment Seminar) with the hope of setting up workshops for the coming school year. YES! has been very effective in other cities throughout the world in reducing stress, and violence in the school while at the same time improving the grades and the attitudes of students
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