

MINDFULNESS TRAINING 2020

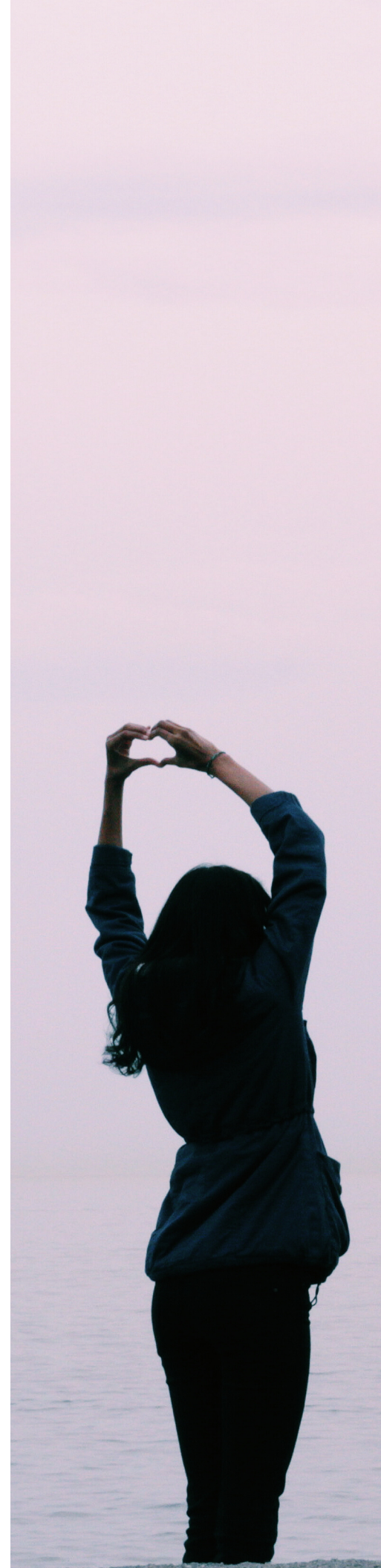


CROSSOVER YOGA PROJECT

Empowering vulnerable youth through trauma-informed yoga, mindfulness & art

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ABOUT CYP

Since the nonprofit's inception in 2015, the Crossover Yoga Project (CYP) has helped guide more than 4,200 vulnerable youth towards positive change through the *I Believe in Me* curriculum comprised of trauma-informed yoga, mindfulness, and art expression. Participants report that they are able to sleep, gain the ability to focus and do better in school, find better ways to manage emotions, trust themselves and others more, and develop a greater sense of empathy.

CYP is proud to have been named a Credible Messenger and is part of New York State's Trauma-Informed Network. CYP meets participants where they're at, both physically and emotionally. In collaboration with CYP's community partners throughout Westchester County, services are provided in multiple settings including residential treatment centers and facilities, youth homeless shelters, schools, detention and correctional facilities, and community centers.

MISSION AND VISION

CYP's mission is to empower vulnerable teen girls through trauma-informed yoga, mindfulness, and art expression. CYP meets them where they are at, and provides tools to become more self-aware, build resilience, and self-respect.

Neuroscience research continues to grow in support of yoga as an effective treatment in alleviating symptoms of traumatic stress, depression and anxiety. In response to this growing awareness, CYP has expanded programs to offer trauma-informed yoga classes to vulnerable populations of all genders and ages. This includes providing trauma-informed yoga classes boys and adults in detention and correctional facilities, and multi-generational, parent - child classes within the community.

ELISHA FERNANDES SIMPSON

Elisha Simpson is the founder and Executive Director of the nonprofit organization the Crossover Yoga Project. Each day, Elisha witnesses how people from all walks of life can change. As a trauma survivor, Elisha has her own understanding of suffering and instability and has experienced the feeling of not being heard when she needed it most. This, and the story below from her work at *Promises for Families*, a quality summer camp offered at no charge for children with incarcerated parent(s), are the founding blocks to CYP.

My granddaughter has been afraid of the water since I can remember. When she came back from camp and we went to the pool on an extremely hot day, she jumped right into the deep end, touched the bottom and came back up. Surprised, I asked her, "how did you do that?" And she told me, "I just remembered one of Ms. Elisha's meditations and I wasn't afraid anymore."

Elisha is working towards her second Master's at Social Work at Silberman School of Social Work. She is a member of Westchester County Department of Mental Health Trauma Subcommittee, Yoga Alliance and the Croton Community Coalition. Her training includes Post-Graduate Training in Trauma Competency in the 21st Century, Trauma-informed Cognitive Behavioral Therapy, Mindful Based Stress Reduction, Multi-Disciplinary Response to High Risk Victims, Trauma Sensitive Yoga in Therapy: Bringing the Body into Treatment, Brain Disorders Certification, and Anatomical Studies with Leslie Kaminoff. She is a Registered with Yoga Alliance as a Children's Yoga Teacher (RCYT), Experienced Registered Yoga Teacher (E-RYT)

