

News Release

To: Area News Media

From: DIAL/SELF Youth & Community Services (21 Abbott St., Greenfield, MA 01301)

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GREEN RIVER YOGA CONTACT:

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Green River Yoga & Movement Arts

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INSTRUCTOR CONTACT:

Kristin Rajroop Kaur Brockett

413-475-3278 or kristin@unityhealing.com

FOR IMMEDIATE RELEASE

Yoga classes benefit health of local non-profit

GREENFIELD, MA – Green River Yoga & Movement Arts, 158 Main Street, 2nd Floor, Greenfield, MA, (above World Eye Books) will be offering two **free Kundalini Yoga classes with Kristin Rajroop Kaur Brockett on Tues, Nov 1st, from 9:00-10:30am and Thurs, Nov 3rd, from 6:30-8:00pm. The suggested donation is \$10-20**, and all proceeds will benefit **DIAL/SELF Youth & Community Services**.

Starting in November, Kundalini Yoga Teacher **Kristin Rajroop Kaur Brockett** will be offering two ongoing classes at Green River Yoga & Movement Arts, 158 Main Street, Greenfield, MA, (above World Eye Books), Tuesday 9 –10:30 am and Thursdays 6:30 – 8 pm. The classes are open to all, beginners included, and drop-ins are welcome any time.

Brockett was drawn to the practice when she found herself having a hard time bouncing back after the birth of her second child. Having sampled a few different styles of yoga in the past, she decided to try a local Kundalini class to see if that might help. After attending classes for just a few weeks, she felt healthier, more energetic, and mentally clearer than she had in years. Soon she heard about a nine-month long Kundalini yoga teacher training program at Baba Siri Chand Ashram in Millis, MA, and on impulse she signed up. "The Kundalini approach really spoke to me. It helped me heal on so many levels, and I felt compelled to learn more about it and share it with others."

In addition to being a certified Kundalini Yoga Teacher, **Brockett** is a Licensed Massage Therapist versed in multiple healing therapies including Polarity, Reiki and Sound Healing. She graduated from the Palmer Institute of Massage & Bodywork in Salem, MA, where she completed a 1,088 hour program in Advanced Massage Therapy which included Pathology and specialized in Deep Tissue and Oncology Massage. She has a private practice www.unityhealing.com here in Greenfield, @ 278 Main St. Suite 210 sharing office space with Casimira Hypnotherapy www.souljourning.com

Brockett will be volunteering at **DIAL/SELF** in Greenfield, and she decided to offer a Kundalini yoga class to benefit **DIAL/SELF** knowing first hand of the community-centered work they do. Says Brockett, "Being a teen today is so challenging. And any challenge we face – whether it is the transition to adulthood, or working through a health issue, or dealing with the loss of a job or spouse – it really helps to have a rock solid community to support you. DIAL/SELF really understands this, and I wanted to do something that would support their important work."

Since its inception in 1977 by a local doctor and other community members concerned about the lack of services available to at-risk youth, **DIAL/SELF** has provided outreach, advocacy, and residential services to teens and young adults throughout Franklin County and the North Quabbin area. , **DIAL/SELF** carries out its mission guided by the belief that, in order to safely make the transition from childhood to adulthood, youth need effective social skills, clear and consistent boundaries, marketable skills, caring support, high expectations and opportunities for meaningful participation and contribution. Youth are more likely to make the journey to adulthood unscathed when there are caring adults actively serving as guides, providing safe havens, and fostering self-awareness, self-worth, self-discipline and self-motivation.

While recognizing that it is impossible to guarantee teens a completely “safe passage” from childhood to adulthood, **DIAL/SELF** does seek to provide youth with the support and guidance that they need to become healthy, independent and productive citizens who are meaningfully engaged in their communities.

For more information about **Kundalini Yoga** or **Healing Bodywork**, contact Kristin Brockett (413)-475-3278 or kristin@unityhealing.com or visit www.unityhealing.com. For more details about **Green River Yoga & Movement Arts**, visit www.GreenRiverYoga.com and about **DIAL/SELF Youth & Community Programs**, visit www.dialself.org.