GLOW
GIRLS LIGHT OUR WAY

Yoga OM Series

AHEI
The mission of the Girls Light Our Way (GLOW) organization is to improve the lives of girls in areas of physical, nutritional and social-emotional health, self-efficacy, and financial literacy. Our primary goal is to reduce disparity and improve economic access through activities-based and leadership skills training. This will inspire them to be healthy, diplomatic, polite, confident, well educated, hardworking and intelligent. We will provide them with the tools and skills to problem solve and interact with others. We will provide the tools to become great women and productive world citizens.

AHEI Grant Update Report

The GLOW FLOW Yoga Series session was a huge success thanks in part to the contribution of AHEI.

The series began with weekly sessions began earlier in the year at the request of the girls June 2016 with the high school girls at their request. The sessions were held at Manual High School for 20-30 girls. With the generous support of AHEI, we purchased yoga mats, mat cleaning cloths, and personal cleansing wipes were purchased. Yoga sessions were led by Alliance member Dawn Harris Jeffries. A general pretest was given on physical, mental, and nutritional health with several additional yoga-specific questions. By the end of the year, the girls had a better understanding of the physical and mental benefits of yoga. They could make a few of the basic postures. They received fewer disciplinary infractions.

Due to funding and time constraints, during the school year, yoga sessions were balanced with mental health discussions and other GLOW mission-based sessions and led by agency partners. In addition, the nutrition series was also led by dietitians from one of the local hospitals.

Middle school sessions were held weekly for 6 months at the Harrison Middle School. The series was so much fun the school staff asked if the boys could join. And, we let them.

Due to their ages, participation at the middle school level was tracked by continued interest and attendance in yoga sessions and their knowledge of simple poses (i.e. the frog and the tree poses) More importantly, the kids simply had fun.

Given the nature of their responses, their knowledge, and requests for yoga we will pursue additional funding. Our Alliance member was approached this week by a community leader who had recently met a participant of the program. What stood out to us was that young lady mentioned how much she appreciated the yoga sessions. AHEI you were a tremendous part in making that possible! We cannot thank you enough.
Yoga Sessions – photos

Middle Schoolers

High Schoolers
Tai Chi Class

The girls participate in local 5Ks such as Race for the Cure
Respectfully Submitted,

Dawn Harris Jeffries

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