

# Finding a Program that Can Help

*Rafael Risk*

For eight months, I have been attending a free program that teaches me how to practice yoga, meditation, and relaxation. This program supports people with disabilities or illnesses, like depression, anxiety, alcoholism, or drug abuse. The instructors teach us techniques to develop good habits. It is a good program. It has supported me and many others to live a better and healthy life.

In the Dominican Republic, where I was born, it is difficult to find programs like this. I appreciate that the U.S. government supports this kind of program and makes it available to everybody with nothing to pay. You might be able to find a program in your area.



Rafael Risk is a student at the Jamaica Plain Adult Learning Program.



## How can you find a program?

- Talk to friends.
- Talk to your doctor or ask at a local health clinic or hospital.
- Search on the internet for yoga, meditation, or relaxation classes.

## Find out how one teacher activates students' minds and bodies for learning:

- "The Advantages of 'ESOLcise' or How I Learned to Make Learning Active (Literally) in Every Class," by Hillary Gardner tells the story of how an ESOL teacher integrates exercise into every class. (Includes sample scripts for stretching, vocal warm-ups, grammar, and vocabulary options for the exercise circle!) Download it from <[www.nelrc.org/change-agent/extras](http://www.nelrc.org/change-agent/extras)>.

## Bring body work, meditation, and relaxation techniques into the classroom

- *Move the Body, Stretch the Mind: Open yourself to learning through breathwork, movement, and meditation* by Judy Murphy is designed for adult learners and teachers. Use it in the classroom or at work, alone or with others, to release tension, relax, be present and focused, and affirm yourself. Find out more at <[www.windsound-learning.ca](http://www.windsound-learning.ca)>.

