

yogaforkids



A former elementary teacher, Tara Guber is a lifelong education activist. In 1994, when friends wanted to donate a piece of land in South-Central L.A.— best known as the site of the L.A. riots— Tara brokered the deal to establish it as the home for an impressive elementary program called The Accelerated School.

Today this public school garners national press for high test scores and an advanced curriculum that includes Yoga Ed—a brainchild of Guber's. Students strengthen and align their

bodies in gym class, and teachers are trained to use yoga-based techniques such as conscious breathing and visualization in the classroom.

The virtually no-cost Yoga Ed program is catching on nationally. Early research suggests that yoga's benefits range from lower test anxiety to improved coping skills. "All the reasons we do yoga are the things kids need to do well in school," Tara says. "Kids need to be focused and less stressed so they're ready to learn. It's common sense."