

Life's Persistent & Most Urgent Question is, "What are you doing for others?" MLK Jr.



Martin Luther King, Jr.
Celebration of his Life & Legacy

"Shifting the Cultural Climate through the Study and Practice of Kingian Nonviolence."

Agenda:

- Intro to b'Kind
- Yoga/ Meditation Breathing exercises
- Career Cards: Inspirational Black individuals

Microsoft + bKind
trauma to triumphs



In the end, we will remember not the words of our enemies but the silence of our friends.

January 16th, 2024

bKind
trauma to triumphs

KIDS DAY

November 5th

Join us for yoga and complimentary gardening kits. Family is included!



At MFK Garden in SDR Park
Garden Yoga: 12pm-1pm
Young Planters: 1pm-2pm



Kindness Community



bKind bWell
STOP Hunger this Summer



Young Explorers Reconnecting with Nature ~ Yoga, Park Exploration, Art & Planting



Let's ROAR Together!



UNIVERSITY SETTLEMENT

8/5 Yoga & Meditation
12 – 2 pm

8/12 Young Planters
12 – 2 pm



bKind bYOU Yoga

An exciting journey where children embrace the energy of nature while jumping like frogs, flying like butterflies, visiting turtles, releasing ladybugs and more!

- Learn to see the world from a different perspective
- Reduce Stress and Anxiety
- Foster Compassion, Empathy, and Unity
- Build Resilience and Adaptability
- Improve Focus, Attention, and Concentration
- Boost Self-Esteem, Confidence, and Self-Awareness
- Improve Physical Health and Mind-Body Connection



New York State Assembly Citation

Whereas, a state is only as great as those persons who give exemplary service to their community, whether through participation in voluntary programs, through unique personal achievement in their professional or other endeavors; and

Whereas, In March of 2020 the State of New York declared that a statewide public health emergency existed in the State of New York because of COVID-19. Emergency Preparedness and the Secretary of the Department of Health and/or the State Health Officer all took actions authorized under state law; and

Whereas, Locally in Assembly District 74 leaders, advocates and community members organized to ensure a support network would be ready to assist our neediest and most vulnerable new Yorkers in order to protect the health and safety of the public because of the

“Citation” presented at an awards ceremony by the New York State Assembly for **“exemplary service...to community”**.

The “Citation” states: “Through this work you have **established a strong and lasting legacy as an Advocate for constituents that has greatly inspired the next generation**” and concludes: “You are...worthy of the esteem of both the community and the State of New York for your dedicated and tireless service to our city, the state, and our nation”

Yoga: How We Serve Those in Homeless Shelters

By [Rob Schware](#) ~ Huffington Post



This is an interview with Lisa Gabriella Mehos, a certified yoga instructor and nutritional coach. Lisa began her yoga outreach work volunteering in shelters during college. For the past three years, she has been teaching yoga to inner-city children and survivors of domestic violence in shelters and schools in New York City.

Rob: What originally motivated you to do this work, and what continues to motivate you?

I have seen how yoga service can help people transcend barriers of race, gender, and economic status. My motivation stems from my deep belief that everyone deserves compassion, kindness, equal opportunity, education and security.

allevents.in

**MAKING THE WORLD HAPPENING
AWARD**

proudly presented to

Trauma to Triumphs - bKind

On behalf of 10M+ event explorers
for creating amazing
events and experiences.

Commendations for service:

**CITATION, NY Cares over 20 years;
Huffington Post Article in 2014, & more**



New York Cares

March 13, 2017 ·

Join us in getting to know Lisa Mehos, the focus of this month's Team Leader Spotlight. Talk about girl power--this innovative yoga aficionado combats inequality, bullying, and peer pressure with her thoughtful exercise curriculum. Congrats, Lisa!

