

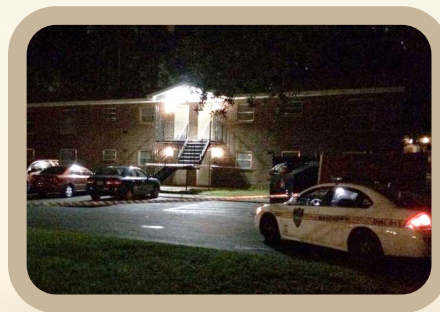
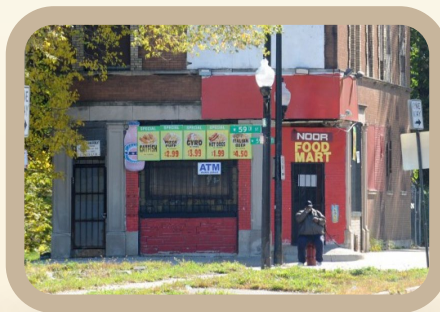
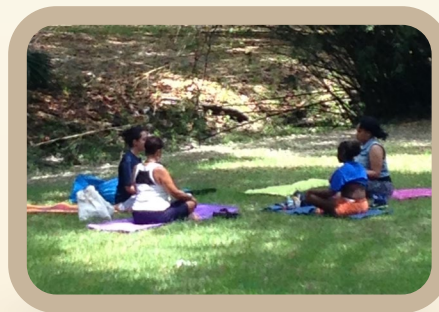
# Yoga in the Street


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## Focus:


Toxic Stress contributes to weathering-- a weakening of the body. Weathering has a direct impact on preconception health and poor birth outcomes. The Magnolia Project provides underserved communities with "Yoga in the Street" to improve overall wellness-focusing on improving mood and reducing blood pressure numbers. The **objective** is to help the community release stored stress and tension to help restore the body's stress response system after enduring years and years of compounded stress. We believe we can help increase a level of wellness in the midst of communities where stress is rampant.

**Increasing wellness  
within the community!**



**49**  **COMMUNITY RESIDENTS** attended the "Yoga in the Street" within a 4 month time period

 **90.8%**  
left class with overall positive emotions

 **60%**  
decrease in systolic

 **50.7%**  
decrease in diastolic

**80%**   
were under the age of 30

 **3.2** The average times class was attended with several individuals attending over 12 times

On average the systolic decreased by 3.65 (mm Hg-millimeters of mercury) and the diastolic decreased by 1.57 (mm Hg-millimeters of mercury).