



Yoga Teens

A Family Project

by Diana Slais, Tri-Line Editor

Inspiring is the word that first comes to mind when meeting the Parsons family. Inspiring in the way they have worked together as a team to create a yoga video for teens, bringing the message of relaxation, meditation and wellness to young teens as well as to children with special needs. Lauren, Emily and Jessica laugh and joke together when discussing some of the trials and tribulations of creating this video. They admit that they are all "hams" and enjoy performing and being in front of a camera or on stage. The girls are all involved in Showstoppers Musical Theatre, a performing arts group in Santa Barbara. Such talent in one family - that's impressive! Lauren, Emily and Jessica have created this video under the direction of their parents, Jim and Sue Anne, who are both yoga instructors. Sue Anne and Jim have taught yoga classes in the Santa Barbara area for over 20 years; they have passed their knowledge of yoga down to their children. Health and wellness is a priority in this family and they want to share this message with others.

Jessica is a recipient of TCRC services; she is home-schooled along with her two sisters. They participate in the Santa Barbara Charter School Home Based Partnership Program. The school recently had a project fair and the video was their project. Sue Anne said,

"This has turned out to be much more of a learning experience than we ever imagined. The girls have learned about taking something from conception to reality. It's the best hands on class experience they could have." They are still making the last edits to their video, which will be available for purchase July 1, 2006. *Namaste* . . . that's a greeting in India that means, "May the spirit in me honor the spirit in you." *Namaste*.

For more information about the video, go to: www.yogabyteens.com or call 1-800-736-1670.



Left to right: Emily, Jessica and Lauren