

YogaAbove & Princeton University Announces

Princeton University & YogaAbove give to the Community's Youth

Princeton, NJ - June 21, 2012 - The Princeton University Preparatory Program (PUPP) and Michael Cremona of Princeton's YogaAbove are partnering to bring Yoga to high school students. The Princeton University Preparatory Program (PUPP) is a rigorous, academic and cultural enrichment program that supports high-achieving, low-income high school students from local districts. This multi-year, tuition-free program prepares participants for admission to and ongoing success within selective colleges and universities. For more information about PUPP, please visit www.princeton.edu/pupp/

Yoga has been proven to provide several benefits by balancing all systems of the body and mind creating improved overall health and wellness. Students will have the opportunity to learn the fundamental physical (asana) and mental (meditation) practices of yoga as they connect the mind and body through the breath (pranayama). As a result, they will develop improved balance, reduced stress and improved confidence which can lead to a life-long practice both on and off the yoga mat.

The pressures on High School students today are greater than ever when one considers the speed of technology, competitive environment, social and academic demands that surround them.

Stress activates the sympathetic nervous system (commonly referred to as the fight or flight response), releasing a hormone known as cortisol. Studies have shown that when we are chronically stressed, excessive cortisol production can wreak havoc on all systems of the body causing a whole host of health problems. The practice of Yoga helps to diminish the body's stress response by reducing cortisol levels and stimulating the Parasympathetic Nervous System. Yoga also has been shown to boost levels of the feel-good brain chemicals like GABA (Gamma-amino butyric acid), dopamine and serotonin. When these chemicals are released, students find greater relaxation, contentment and improved ability to focus. Developing a regular Yoga practice, will be instrumental in teaching the students to go within, find their own personal strength, peace and confidence in a safe, fun and non-competitive environment. All of which will prepare them to more effectively excel at their studies and adapt to stressful situations in a healthy manner to achieve their fullest potential.

About YogaAbove

Michael Cremona's studio at 80 Nassau St. in downtown Princeton is one of the few donation based yoga studio in the United States that offers a multitude of classes per week with talented instructors for all levels of yoga practitioner. Cremona says: "I am grateful to Princeton University for the opportunity to offer yoga to the students in PUPP."

To practice yoga is not merely getting into the asanas (physical poses) but also taking the opportunities to practice asteya, simply translated means "refrain from taking without giving," a humble and genuine willingness to give back whenever, and whatever we can in return. As yoga teachers it is our responsibly to not only guide students in stretching the body but also in stretching the mind.

Michael's philosophy and approach are unique and powerful, drawing on his vast life experiences. He is a living example of a spirit who has freed himself from trauma, and chosen a path of compassion and strength. Having studied a multitude of yoga styles and healing modalities, Michael's focus is on guiding the student to use yoga in a meaningful way for the exploration of truth, presence, and health. For more information please visit the website at www.YogaAbove.com

