Kripalu Center for Yoga & Health Awards Teaching for Diversity Grant to Transitions

Gloversville, NY – The Kripalu Center for Yoga & Health has awarded their Teaching for Diversity Grant to yoga instructor Ony Antonucci so she can deliver a weekly yoga series to students with learning differences at Transitions, co-located with the Paul Nigra Center for Creative Arts, at 2736 State Highway 30, Gloversville. The grant provided funding to cover supplies and 32 classes.

The Teaching for Diversity Grant is an initiative of the Kripalu Center, a nonprofit educational organization for yoga, health and holistic living, to share the benefits of yoga with diverse groups of students. The grants provide funding for graduates from the Kripalu Schools of Yoga and Ayurveda to get their programs started. Funding can be used to purchase supplies or to teach yoga or Ayurvedic practices to diverse populations, including students of Title I schools, ethnic minorities and individuals who are socially, economically and physically challenged.

Antonucci is a graduate of the Kripalu 500-hour advanced level yoga program. She has taught private and group lessons in Upstate New York for more than eight years. Transitions, a program that supports young adults who have autism and other learning differences as they attend college, start a career and live independently for the first time, is a perfect partner for her and the programming this grant funds. Antonucci recognizes the benefits of a yoga practice for all individuals, including those with special needs. When Transitions opened in 2015, they developed a program to offer yoga opportunities in the studio available to them at the Paul Nigra Center for Creative Arts. With the support of the Kripalu scholarship grant, this program will continue throughout 2016.

The students who attend Transitions learn breathing, movement and relaxation techniques that promote overall health, which is an important part of the Transitions curriculum. The yoga program has helped them in immeasurable ways by improving their focus and helping them manage the many responsibilities they face as busy young adults. College student and Transitions Apprentice Coty Rulison said, “Yoga helps take all the stress away from the demands
of the classes and calms me so I can better focus on my homework and goals.” Bethany Sweet, another Transitions Apprentice, agreed, saying, “The breathing techniques have really helped me destress and feel grounded in my busy life."

Upon the success of the Transitions yoga program, Antonucci suggested an application to the Teaching for Diversity fund through Kripalu to expand the offerings to more individuals. The grant was awarded in April and the classes continue to be offered by Antonucci at Transitions. Antonucci hopes to encourage the students to practice yoga daily, and she would like to see them become yoga instructors and share the benefits of yoga with others who have challenges similar to theirs.

Cutline: Ony Antonucci teaches yoga to Transitions Apprentice Bethany Sweet.

About Transitions

Transitions is a supportive Apprenticeship for young men and women with autism spectrum disorders including Asperger’s syndrome, ADHD, dyslexia, nonverbal learning disabilities, visual or hearing impairments, medical conditions and other learning differences who want to attend college and/or prepare for a career, but may require academic, social, medical and/or emotional support.

The Transitions program’s curriculum focuses on building academic, employment, life and general independence skills. Full-year College and Career Apprenticeship programs are offered, as well as a three-week Summer Immersion Experience. Visit www.transitionsusa.org for more information.

About the Kripalu Center for Yoga & Health

The Kripalu Center for Yoga & Health is a nonprofit educational organization dedicated to empowering people and communities to realize their full potential through the transformative wisdom and practice of yoga. For more than 40 years, Kripalu has been teaching skills for optimal living through education for the whole person: body, mind, heart and spirit. It is the largest and most established retreat center for yoga, health and holistic living in North America.

Programs at Kripalu are led by many of the world’s most accomplished teachers in yoga, self-discovery and holistic health. They are designed to provide people with tools they can apply in their daily lives. Program topics include wellness, Ayurveda, nutrition, fitness, personal growth, relationships, meditation, spiritual practice, professional training and more. Yoga programs are offered for people at all levels. These feature all yoga traditions and styles as well as therapeutic yoga, yogic anatomy and trainings for teachers. Many Kripalu programs offer continuing education credits for professionals in fields such as social work, counseling, nursing, and massage and bodywork.