

Fostering Meditation

Cultivating a community of people who are meditating, breathing, and healing together

Mission:

Fostering Meditation (FM) is a 501(c)3 non-profit aimed at helping alleviate the high stress, anxiety, and trauma that youth in and out of the foster care and criminal justice system face by teaching them Mindfulness Meditation & Yoga; helping them be mindful of their diet, and encouraging therapy and cathartic writing.

The Problem:

Of the 400,000+ children in foster care in America, an estimated 80 percent suffer from a significant mental health issue, leaving them considered "at-risk" or less likely to have a successful transition to adulthood. FM aims to address this problem by teaching them the 5 steps to wellness.

Our Approach:

A 12-week program that provides at-risk youth with tools to promote wellness through five steps:

1. Meditation
2. Yoga
3. Diet
4. Cathartic Writing
5. Therapy



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5 Steps to Wellness Program

1. Meditation

Students learn the basics of mindfulness meditation and breathing techniques, to help foster greater self-awareness and self-regulation.

2. Yoga

Through the study of Hatha Yoga, students will develop a closer relationship with their body, increasing self-confidence and strengthening mind and body connection.

3. Diet

Students will hear directly from a nutritionist about the importance of being mindful of their diet, while learning how healthier eating habits can improve their health and well-being.

4. Cathartic Writing

Journaling will be inspired by prompts created to help students reflect on their lives, creating space for contemplation and self-inquiry.

5. Therapy

Students will learn about Mindfulness-based Cognitive Therapy (MCBT) and Trauma-Focused Cognitive Behavior Therapy (TF-CBT), and how therapy may help them process past trauma.

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The Harlem Yogi

Demetrius Napolitano is the founder of Fostering Meditation (FM), a Harlem based nonprofit aimed at teaching Mindfulness Meditation, or being attentively aware of the present moment with the intention to understand rather than to judge, and Hatha Yoga, which is a slow, mindful, and gentle-force yoga. The mission of FM is to provide a space for holistic healing, where the mind, body, and breath become consciously joined, creating a moment of freedom from any and all anxiety, depression, and stress.

Demetrius, has spent 22-years inside of New York City's foster care system, transferring between 30 different placements throughout the five boroughs. He has experienced prescribed medications such as Ritalin and Adderall, spent time in a juvenile detention, and has struggled with anxiety, depression, and post-traumatic stress disorder, given all of the trauma he has endured.

Notwithstanding his past, Demetrius graduated from St. John's University with his Associates in Business Management, and then received his Bachelors in Political Science from New York University in May of 2019.



In the fall of 2019, Demetrius traveled to India for nine months to study Mindfulness Meditation and Hatha Yoga with the goal of understanding his inner pain, trauma, and fears, and then healing from each so that he may return to lead the youth in foster care on a path of holistic healing using both disciplines.

Demetrius, now being certified in Mindfulness Meditation and Hatha Yoga, is leading classes in Harlem, NY.



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