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## **Youth Experience Benefits of Weekly Yoga Classes At Lincoln Prairie Behavioral Health Center**

**SPRINGFIELD, Ill. – (Jan. 12, 2010)** – Lincoln Prairie Behavioral Health Center has partnered with Namaste Yoga Center to offer yoga classes to patients at the center.

“This noncompetitive activity is really popular among our patients,” said Tom Tassone, director of community development and coordinator of the partnership. “I wanted to bring something new and exciting to our programs and figured yoga would be perfect for the population of kids we serve.”

Namaste Yoga Center’s teacher, Kristal Perry-Gutierrez, leads classes at Lincoln Prairie one to two days per week with all the patients.

“I teach the youth about presence, non-judgment and self acceptance, and they are able to find that peaceful place within,” Perry-Gutierrez said. “One boy came in looking very angry. About halfway through the class, he started to relax, and later exclaimed, ‘I can do something about my anger.’ One teen girl even told me she could stop blaming herself for a certain personal issue.”

After meeting with Perry-Gutierrez and Namaste’s executive director, Justina Biswell, Tassone said he knew Namaste was the best match, especially with the yoga center’s experience teaching children similar to those Lincoln Prairie serves.

“We are promoting productive conflict resolution and they are learning important relational skills,” Biswell said. “I can see in the faces of the children that they are finding peace in yoga, and several of them said that yoga is their favorite program.”

According to Tassone, the yoga partnership will continue at Lincoln Prairie “as long as everyone is happy and it continues to benefit the patients.”

### **About Lincoln Prairie Behavioral Health Center**

Located in Springfield, Ill., Lincoln Prairie Behavioral Health Center offers Central Illinois a full range of inpatient and outpatient services for youth ages three to 17. With a broad-based continuum of care, the hospital treats psychiatric and behavioral disorders in its 80-bed facility, as well as in the community through its outpatient programs. With a clinically skilled multidisciplinary team, Lincoln Prairie partners with agencies, schools and other treatment providers to form Treatment Teams on behalf of those served.

## **About Psychiatric Solutions, Inc. (PSI)**

Psychiatric Solutions, Inc. offers an extensive continuum of behavioral health programs to critically ill children, adolescents and adults and is the largest operator of owned or leased freestanding psychiatric inpatient facilities with over 11,000 beds in 32 states, Puerto Rico and the U.S. Virgin Islands. PSI also manages freestanding psychiatric inpatient facilities for government agencies and psychiatric inpatient units within medical/surgical hospitals owned by others.

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