



### Yoga at BPP

BPP's core curriculum is centered around courses and activities that enhance Creativity, Communication and Confidence, which we believe are essential to forming a healthy well-developed child. Yoga classes not only provide a space for our students to learn about a new type of exercise while developing confidence with their bodies, it helps them increase focus and concentration levels and reduce stress. In the hectic world of adolescence early introduction to coping mechanisms can make a big difference.

BPP began integrating yoga into our programming in July 2014 at the launch of our Volunteer Cultural Exchange Program. Since then, we have had hosted several Yoga groups, such as Yoga for Positive Living, Yatra Yoga and Nica Yoga and have had many guest teachers, including most recently Anthony Alcalde & Zee A Pentz who hosted an acroyoga workshop. This semester, because of volunteer Jessica Arthur's dedication we have been able to offer a yoga class as part of our courses for our students!



### Volunteer in the Spotlight

Jessica Arthur first travelled to Nicaragua over a year ago and immediately fell in love with San Juan del Sur. She was introduced to the Barrio Planta Project last semester when she volunteered with our Theatre Class. She had so much fun that she decided to volunteer as a Mentor in our Apprenticeship Program this semester, teaching her own class and sharing her passion of yoga with the students! Before Jessica came to Nicaragua, she was practicing Law in her hometown of Massachusetts. She enjoys the pace of life in Nicaragua, as well as capturing the beautiful landscape with her photography skills. Jessica is opening up a swimwear shop called *Moietii* next month in San Juan del Sur. She supports the local community through her volunteering activities and



### Students Teach Back!

Helying, now 15 years old has been taking classes with BPP for the past five years. Helying is currently enrolled in Intermediate Advanced ESL, Conversation in English, Board Games, Gardening and Computer Classes. In previous workshops and Apprenticeship Programs, Helying learned how to play the guitar and discovered a passion for music. After BPP classes every day, Helying teaches his Computer Teacher, Williams Robles free guitar lessons. At BPP all students are teachers, and all teachers are students! Williams is very excited to have the opportunity to take classes with Helying.

Below, Helying (on the right) jams out like a Rock Star at BPP's Rock'n'Roll workshop in February 2012. All of the skills we learn and share are made possible by volunteers like you. Interested in sharing a skill or passion with our students? Don't hesitate to [Contact Us!](#) We'd love to hear from you!



to continue playing an integral role in San Juan del Sur. Interested in Volunteering? [Check out our options!](#)



### Star Student of the Month

Kevin Fernando is 15 years old and in his fourth year at BPP. Kevin is currently enrolled in Intermediate Advanced ESL classes, Computer Classes, Cooking & Gardening classes. Kevin is a very energetic student and an incredible dancer. He participates whole heartedly in every one of BPP's programs and has an intense degree of positive energy that draws you to his magnetic personality. He uses that energy to be a positive role model and leader for his peers. He is also the proud star of Weird Pixel's BPP video "Listen Up Adults." Haven't seen it? Check it out! It's only 60 seconds long! Interested in sponsoring Kevin or a student like him? Sponsoring a Child is only \$1/day. [Learn More.](#)



Help a Child Grow with the Barrio Planta Project in San Juan del Sur, Nicaragua. To learn more, visit our website, follow us on social media, or send us an email at [info@barrioplantaproject.org](mailto:info@barrioplantaproject.org)



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