



INDEPENDENT LIVING ARRANGEMENT MEDITATION ROOM WISH LIST

ILA staff are creating a meditation room in the ILA Commons that will be a safe space for youth to practice relaxation and coping methods to lower stress levels. The youth will be able to focus their minds on the current moment allowing for reflection and stability. The meditation room will provide space for mindfulness, yoga, relaxation, meditation, and a getaway from everyday stress and it will promote wellness and self-care as one will solely focus on themselves and discover techniques that work best for them to calm their minds. The room will be open to ILA youth during regular business hours. Mindfulness and yoga classes will be taught but, as the program promotes independence, we are hoping the meditation room will encourage independent meditation with the youth personalizing their coping skills.

The following items are needed for the meditation room:

- Yoga mats (at least 2)
- Radio (I will make guided meditation CDs)
- Play dough
- Stress ball
- Soft rug
- Incense / oil diffuser
- Adult coloring books
- Colored pencils
- Wall art: natural paintings
- Mints, sours, chocolates
- Fake plants or plants that require little light
- Mini waterfall
- Pencils and paper for journaling
- Blackout curtains
- Salt lamp
- Soft lighting
- Yoga ball

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THANK YOU!