

Lauren L.

Compassionate, Determined, Kind

“Radiate boundless love towards the entire world — above, below, and across — unhindered, without ill will, **without enmity.**”

– Buddha



BIOGRAPHY



Throughout the five years Lauren has been a part of the 49ers STEM Leadership Institute (SLI), she has developed innovative ways to collaborate with various groups. As she continues her years of learning meditation and growing closer to Buddhism, her passion for bringing awareness to mental health and reducing anxiety has grown in her last two years of high school. Lauren is a certified yoga teacher and uses her platform to draw attention to the increasing levels of stress and anxiety students endure throughout high school and soon college. She plans to start a program that teaches elementary and middle school students techniques to deal with stress through yoga and mediation practices, allowing them to strengthen their foundation at a young age.

After graduating high school, Lauren hopes to pursue a career in medicine and to continue to grow and deepen her yoga and meditation practice by offering a safe space her college peers can come to in a time of stress and uncertainty.

In her free time, she loves to listen to indie/alternative music and take on different challenges through baking.