

## Parents, Students, Educators Speak Out

### **What parents said...**

*"Helping students to develop the skills to relax and unwind will equip and enable them to face the strains of life ahead, be it personal or professional... Start with one child and its mind boggling to ponder the endless possibilities. This will impact the future."*

### **What students said...**

*"I am happier and more optimistic."*

*"I experienced healing practices from other cultures without leaving the classroom."*

*"I have stopped having my frequent anxiety attacks."*

*"I have learned how to appreciate myself beyond my marks."*

*"I am glad I took this course. It was like a journey to finding one's self."*

### **What teachers/counsellors said...**

*"I wish these resources had been available when I was teaching children with very low self-esteem and many learning challenges."*

*"Finally, I have some concrete tools to help the overly stress high achievers in my school".*