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To Whom it May Concern:

Green Tree Yoga has been very influential to our group of kids. They love each session and are always anticipating towards the next. We've noticed many positive behavior changes in our kids throughout the course of our partnership with Yael. They've practiced the breathing techniques to become a calmer person and also to be more helpful to everyone else. Yoga teaches them to be patient and have a much better understanding of having a healthy mind, body and soul. By practicing yoga at such a young age, we feel that they can adapt to better lifestyle habits as they grow into their adulthood.

Jimmy Lee

Children's Activities Coordinator

YWCA of Salt Lake City

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June 2013

YWCA Shelter Afterschool Program and Summer Camp Artwork and Comments

“I love Green Tree Yoga. They have been working with us for over two years, and I’ve seen improvement in the children’s behavior. They are calmer, stronger, and a better version of themselves. Our program is expanding, and I would love to see the Green Tree Yoga reach more children.

**Camille Gonzales
Children’s Activities Counselor**

Yoga Makes Me Feel:

Happy

SNOW border

My Favorite Pose is:



Yoga Makes Me Feel:

STRONGER

My Favorite Pose is:

SNOW BALL



Yoga Makes Me Feel: "So happy ~~and~~ and
fun, and relaxed"

My Favorite Pose is: Tree



Yoga Makes Me Feel:
Relax, better, good, Excellent

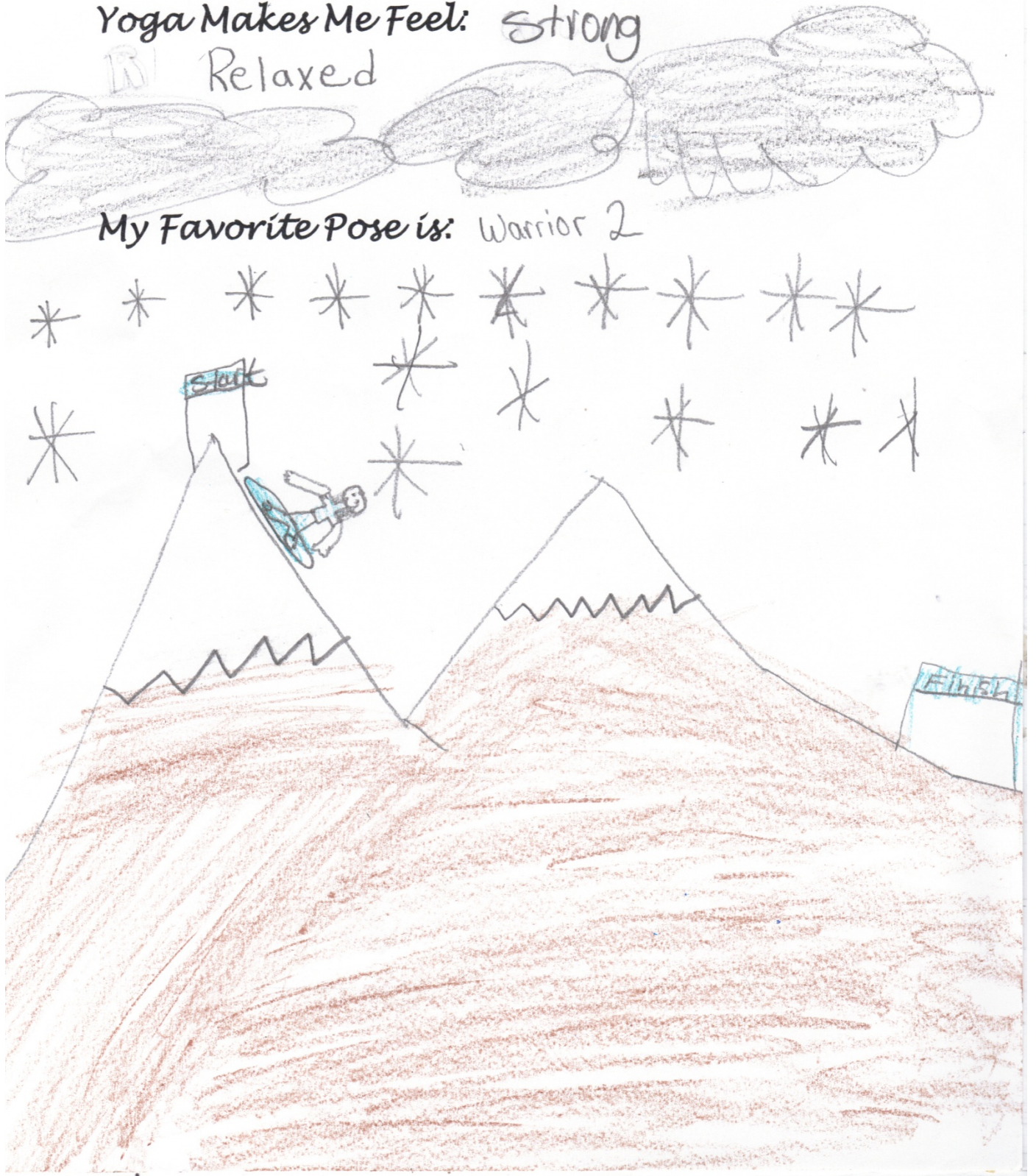
My Favorite Pose is:
~~Mountain~~
Mountain



Roxana

Yoga Makes Me Feel: **Strong**
Relaxed

My Favorite Pose is: **Warrior 2**



Yoga Makes Me Feel: HOPE



My Favorite Pose is:

Mountain



Hand gestures for Warrior 4 he made up!



Yoga Makes Me Feel: relaxed and stretchy



My Favorite Pose is:



snow ball

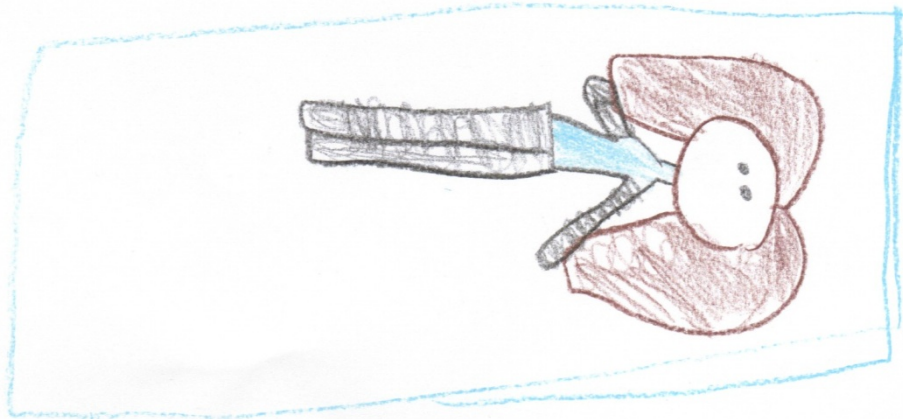


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Yoga Makes Me Feel: happy and cool

My Favorite Pose is: Find Relaxation



Yoga Makes Me Feel: Cool and refreshing and
a little silly! 🐸 🍉

My Favorite Pose is: Frog!