

Morningside Elementary School

4170 South 3000 East
Salt Lake City, UT 84124-3075

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October 23, 2012

GreenTREE Yoga
2961 Lostwood Drive
Sandy, UT 84092

To Whom It May Concern:

I am writing in support of GreenTREE Yoga and their efforts to provide a yoga program in school classrooms. Last year, GreenTREE Yoga provided a volunteer who came into six of the classrooms at Morningside Elementary one day a week to lead five minute yoga breaks. In addition to the volunteer, GreenTREE provided an audio CD to support the teacher in implementing the yoga breaks on the other days of the week in the classroom with student-led breaks. The teachers found the yoga breaks were a great way to transition students between learning activities, refocus them when they needed redirection, and calm them before stressful moments like testing. The students enjoyed getting up and actively engaging in a unique way and also spoke to the ways in which yoga was calming for them. There are several students in my school who have specific issues with anxiety or autism spectrum disorder and this type of classroom-wide break helps create an additional opportunity for them to benefit from a break and continue to participate socially with their entire class.

I would be pleased to have another volunteer come to Morningside and work with six more of our classrooms so this program can spread and other students in my school can benefit from these breaks. I fully support GreenTREE Yoga's application to fund this already established and successful program.

Sincerely,

Joan Bramble, Principal
Morningside Elementary
4170 South 3000 East
Salt Lake City, UT 84124
385-646-4926



Franklin Elementary School

1115 West 300 South
Salt Lake City, Utah 84104
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October 12, 2012

To Whom It May Concern:

I am pleased to write this letter in support of Green TREE Yoga, a valuable program that we began at Franklin Elementary School in the 2011-2012 school year. The yoga program was taught by a Green Tree Yoga volunteer who brought the Green TREE Yoga CDs that instructed the class on how to do a 5 minute yoga break. Some teachers then incorporated such "yoga breaks" into their classroom curriculum that was led by either the teacher or another student. Students enjoyed and looked forward to the "breaks" and the teachers provided positive feedback and support about the program. Other teachers have asked about participating in the program as well.

Yoga is a benefit to our school community as it not only provides a relaxing break during the course of the day, but it also helps students to strengthen their attention skills and availability for learning. Our school community would greatly welcome another volunteer to come to Franklin Elementary to work with six more classrooms. We support Green TREE's application to fund this valuable and beneficial program.

Sincerely,

Elissa Stern, LCSW, MPH
School Counselor
Franklin Elementary
1115 West 300 South
Salt Lake City, UT 84108

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