



# A Tradition of Health in all Utah Schools

To Whom It May Concern:

October 25, 2012

I have had the joy and satisfaction of working successfully with Yael Calhoun for a few years. As the Gold Medal Schools Coordinator I've personally witnessed her cooperative spirit, professional attitude, and caring disposition. Her professionalism is a well-balanced blend of competence, experience, and cordiality.

GreenTREE Yoga has been a proud supporter for the Utah Department of Health, Gold Medal School Program by providing yoga exercises to classroom teachers and PE Specialist around the state. Gold Medal Schools uses policy and environmental changes directed at Utah schools (the place where Utah children spend the most of their time) to make lasting changes in the areas of improving nutrition and food choices and increasing activity in children. Gold Medal Schools helps schools create the appropriate environments to teach children lifelong healthy behaviors. Through programs GreenTREE Yoga has been instrumental in assisting classroom teachers and PE Specialist to implement health and exercise programs in the elementary schools throughout Utah.

GreenTREE Yoga has committed their support to Gold Medal Schools now and for future years in the hopes of leaving a legacy of an improved quality of life for the children of Utah. Yael is an incredible individual that has a passion to teach children and adults how to have fun while being physically active. Yael has a pleasant, easy-going disposition, and is cheerful, positive and friendly. I eagerly give my endorsement of GreenTREE Yoga's skills, ability, and professionalism with the highest praise.

Best regards,

Sarah Roundy  
Utah Department of Health



October 25, 2012

To Whom It May Concern,

It is my pleasure to write a letter in support of Green Tree Yoga. This is a very impressive organization that has developed some very good programs and assemblies for schools. They teach yoga to youth so they can use it as a life-long tool to keep physically and emotionally fit.

Yoga is an excellent program for schools and their techniques can be used to stretch and revitalize children right in the classroom, helping them to be able to learn better. We need more programs like this. We hope you will consider funding and supporting Green Tree Yoga because it will be a great benefit for children.

We have a serious problem in Utah with so much overweight and obesity among our school children. We are glad to see you trying to contribute to the solution.

Sincerely,

A handwritten signature in black ink that reads "Gainell Rogers". The signature is written in a cursive style.

Gainell Rogers

President

Utah PTA



# Utah Afterschool Network

*Partnering to Support Afterschool*

254 South 600 East, Suite 200  
Salt Lake City, Utah 84102  
(801) 359-2722  
[www.utahafterschool.org](http://www.utahafterschool.org)

October 23, 2012

To Whom It May Concern,

The Utah Afterschool Network is pleased to write a letter of support for GreeTREE Yoga. More emphasis is being given to supporting the social and emotional development of young people that aligns with their academic success, yoga meets the national physical education core curriculum standards. It has been shown that yoga helps young people to focus and concentrate more while building self-awareness. GreenTREE yoga provides this support to youth throughout Salt Lake City Schools.

GreenTREE Yoga has been providing afterschool programs in many Salt Lake City schools. It is an established program with the support of Gold Medal Schools, the Utah PTA, and the Utah State Office of Education,

The mission of GreenTREE Is to provide sustainable yoga programs, with initial funding helping to set up yoga programs that can be continued by school/afterschool professionals. They provide many resources, trainings, and programming that benefit the youth and adults who participate.

We hope you consider GreenTREE Yoga as a potential candidate, to assist in the expansion and sustainability of the organization.

Sincerely,

Anneli M. Segura  
Executive Director

# Morningside Elementary School

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

Office (385) 646-4924  
FAX (385) 646-4925



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,

A handwritten signature in cursive script that reads "Joan Bramble". The signature is written in black ink on a light-colored background.

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

GreenTREE Yoga  
2961 Lostwood Drive  
Sandy, UT 84092  
October 11, 2012

To Whom It May Concern:

The Utah State Office of Education (USOE) supports *Green Tree Yoga* in its application for funding. The USOE has worked in partnership with *Green Tree Yoga* to increase physical activity levels to improve the health of Utah's children.

*Green Tree Yoga* has participated in professional development for teachers at both the elementary and secondary levels as yoga is one of the recommended activities in Utah's physical education core curriculum. Yoga activities can be used in the gymnasium to improve strength, flexibility, breathing and focus and also in the classroom as five minute energizers for classroom teachers to use throughout the school day.

*Green Tree Yoga* has been well-received by Utah's educators in the numerous presentations they have made at school, district and state gatherings. Their efforts are always highly rated, and teachers are appreciative for the practical information they can use with their students.

The USOE will continue to maintain the partnership with *Green Tree Yoga* to bring professional development opportunities to Utah's educators. The organization has produced numerous resources to enhance the health of students throughout the state. I highly recommend *Green Tree Yoga* for any available funding opportunities. Thank you.

Sincerely,

*Frank Wojtech*

Frank Wojtech  
Health and Physical Education Specialist  
Utah State Office of Education



# Franklin Elementary School

1115 West 300 South  
Salt Lake City, Utah 84104  
Phone: (801) 578-8158  
Fax: (801) 578-8163

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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