

August 16, 2018

To Whom it May Concern,

Sandy Orkin (the Meditation Tree) organized and led mindfulness classes for the teaching staff at Children's Community School from January through June of 2018. This class was something we wanted to offer our staff as the usual stress and exhaustion of the school year began to set in. Many of our employees took advantage of the opportunity to gather for some meditative time together with Sandy after school on a weekly basis. After an initial 6-week offering they asked if it could be extended, and we happily obliged. Those who participated reported that they found these sessions to be supportive each week, and also helpful in deepening and strengthening their teaching practice through the chance to reflect calmly on their work with children and each other.

I can't say enough about how easy it was to work with Sandy. He was professional, prompt, and flexible. His extensive background and experience were in evidence throughout the time he was here, and I hope we can continue to work together. I recommend Sandy and his practice to any organization looking for mindfulness/meditative offerings.

Sincerely,



Neal Wrightson
Head of School

14702 Sylvan Street
Van Nuys, California
91411

p: 818.780.6226
f: 818.780.5834
e: info@ccsteaches.org