

WUF SHANTI

WWW.WUFSHANTI.COM

MEDIA KIT



SUMMARY

Wuf Shanti is an **adorable dog character** that travels the world and shares with children through lots of great music and fun stories how to do yoga, meditation and live mindfully.

The character was created by Adam when he was nine years old. He created Wuf Shanti in honor of his great-grandpa, and has been spreading the word, **visiting children hospitals, schools, and even becoming certified to teach children yoga.**

His theory is that if we can teach kids mindful-tools when they are young, these tools will become an automatic response to stress, so kids will have more productive ways of dealing with emotions as they grow-up. These tools will help children be **more empathetic, less anxious and depressed teenagers, and more content, happy peace-loving adults.**

SOCIAL MEDIA



@Wufshanti



@Wufshanti



@Wufshanti



@Wufshanti

WUF SHANTI

WWW.WUFSHANTI.COM

Media Contact: Thinkwell@Wufshanti.com

THE TV SHOW

Wuf Shanti **promotes health, wellness & happiness, & encourages peace & positivity**, through this dog character, social emotional learning, yoga, meditation, games, fun, & music. The videos are on Florida PBS stations, Children's TV Network in children's hospitals across the country & internationally, BatteryPop, KidoodleTV, Adventure to Learning (in school health and fitness programming in 25,000 schools), on the Wuf Shanti YouTube Channel, & Wuf Shanti mindful mobile app, Yoga Fun Machine, with yoga lessons, mindful mantras, & wonderful music and games. Think like **Barney or Elmo** for yoga. If children learn early how to **live mindfully** and deal with emotions in a productive manner, then we attain a more peaceful world where kindness abounds.

The goal is to help kids live mindfully, in health and wellness, peace and positivity, to teach them the tools to deal with stress, in order to reduce violence and make this world a better place for the next generation, be kind to one another, and to live in peace. Another goal is to help children learn the influence and importance of positive thinking on health and success in life. Science has proven that mindfulness, yoga, meditation, and positivity can help with the healing process and with dealing with stress. If we can teach kids tools when they are young, these tools will help them remain calm, cope with emotions, which will promote good health and well-being.

THE COMPANY

Wuf Shanti's creator is [now] a **14-year-old boy** named Adam. With the help and support of his mom, co-founder and CEO Marni Becker-Avin and yoga therapist, co-founder Erika Lee, Adam's Wuf Shanti character has come to life, bringing smiles to children everywhere. The **live mascot visits** children hospitals and schools. It began as a child's project, and has become a "real" character that came to life, with 7 **books, 100+ videos, music**, stuffed animals, yoga mats, an inspirational blog, interviews with pioneers in the mindfulness community, and a **mindful mobile app, the Wuf Shanti Yoga Fun Machine**, which can be downloaded on both Apple and Android devices. Our mission is to teach the next generation to have a mindful-mindset, how to live healthier and happier lives, cope with emotions and trauma, be inclusive, kind, and live in peace and gratitude.

Wuf Shanti loves **all** children, regardless of where they are from, what nationality or religion or race they are, and promotes peace and love. It is very important to us to help children live a healthier, mindful life. It is our greatest desire that this character will become a beacon for others, and will help children grow up to be happy teenagers and content peace loving adults who "Think Well to Be Well".

Now that Adam is a teenager, our early learning curriculum has expanded to teens (minus the dog) with the **Kids Association for Mindfulness in Education**, his **Partners for Peace interview** podcast series, and the **Mindful Kids Peace Summit**. Topics include positive psychology, social emotional learning, communication, inclusion, kindness, and more.



Teaching .com



This Young Entrepreneur is Revolutionizing Mental Health Education in the US

March 14th, 2018 by Austin Butler

Recently, I had the opportunity to meet a very impressive entrepreneur who has created an educational character that is now being viewed across the nation on Florida PBS and the Children's Television Network which is the in-house station at children's hospitals.

The most amazing part is that the creator of this project is only 13 years old!

Adam initially created the character of Wuf Shanti, a Yoga Dog for Kids, to promote health and wellness and encourage peace and positivity amongst kids.

Today, on top of being on television nationwide, you can find Wuf Shanti on YouTube Kids, its mindful mobile app, The Wuf Shanti Yoga Fun Machine, in their 7 books, and even in person at children's hospitals and schools to share yoga, meditation, and mindfulness.

In a few short years, Wuf Shanti has become a national success helping kids learn how to manage stress and cope with their emotions.

Adam's Inspirations

After the presentation, I spoke with Adam about what inspired him to take action.

His great-grandpa believed in a mindful mindset and taught Adam about positive thinking, kindness, diversity, inclusion, gratitude, and peace. Like many students across the country, he was angry and frustrated by the recurring school shootings he would hear about in the news, and he wanted to do something to stem the violence.

As childhood rates of depression, anxiety, and anger have been rising, he wanted to help schools do a better job of helping students cope with these emotions and traumas (and prevent them to begin with). Thus, he created this character and curriculum as a means of reaching kids when they are young.

Adam thought that if kids can learn the tools at an early age, then it will become an automatic response to stress and hopefully they will grow up to be less depressed and anxious as adults.

He told me that he is also concerned about the rise in bullying and suicide in young kids, and part of the Wuf Shanti training focuses on inclusion and kindness so that kids don't feel so alone or isolated.

"We can't keep doing the same things and expect a different result, so let's try something new," Adam told me.

Thus, the Wuf Shanti curriculum was born. Wuf Shanti videos, app, and books, were awarded the Mom's Choice Award for "Best Family-Friendly Media, Products, and Services", and Common Sense Media named the app in "Best Health and Games Apps for Kids".

Why a Yoga Dog?

No one can argue with the fact that there is definitely a need for more positivity and compassion in schools and amongst youth. But those unfamiliar with Wuf Shanti are quick to ask where yoga fits into this mix.

"Many people believe that Yoga is about doing physical poses, but there is also a big mental component that is practiced 'off the mat' to help us have inner-peace," Adam explains.

"It is about diversity, inclusion, kindness, and compassion. It is about self-love and love for others, no matter where they come from. Yoga and meditation are secular and are for everyone. The Dalai Lama said that if we can teach kids meditation, we will end violence within one generation."

Additionally, science has shown that the “health benefits [of yoga, meditation, and positive thinking] include reducing stress, depression, anxiety, helping to manage anger and impulse control, increasing focus, concentration, self-confidence, respect for others, empathy, and helping the healing process by boosting the immune system.”

Together, yoga, meditation, and mindfulness can also help students develop many of the life-skills that we talk about here on the site, such as confidence, esteem, and resilience, that can boost both academic performance, as well as well-being.

These multifaceted benefits are what make learning with Wuf Shanti such a powerful experience for students.

It also has personal significance for Adam, “I wanted to honor my great-grandpa when he passed away by paying forward his mantras of positive thinking, kindness, and gratitude to the next generation. Gandhi said that if we want to attain real peace, we should start by educating the children, so that’s what I want to do.”

Learn More

Wuf Shanti has had significant expansion into hospitals and has now started touring schools as well.

If you’re interested in bringing Wuf Shanti to your school or learning more about how you can incorporate a “Coping with Stress” curriculum into your classroom, visit the official [Wuf Shanti website](#) for more resources or join them on social media.

You can also subscribe to the [Wuf Shanti YouTube channel](#) and download the [Wuf Shanti app](#).

Ruthi Davis, Contributor



Global multimedia editor/writer, author, speaker, consultant, business/brand strategist, founder of Superfly Supermom and SuperKids Chronicles, and frequent contributor for Thrive Global, The Huffington Post, Bonbon Break, Red Tricycle, and Scary Mommy.

From Helicopter Parenting to a Mission with a Dog Mascot

12/02/2017 12:22 pm ET

Wuf Shanti and his Mantras are Empowering the Next Generation



PHOTOGRAPHY BY WUF SHANTI

Today's news headlines are not for the faint of heart—mass shootings, bombings, terror, politics, sexual abuse, hurricanes, earthquakes, and more. I'm completely horrified, and as much as I want to shelter my own offspring in an extreme effort to protect my little ones, I know that is not the solution either. One thing is for sure, however, we cannot live in fear... we must manage it and communicate through it.

Ultimately, the true seeds of change begin now with our children, the face of the future. "I think it starts with the next generation, they are the key," said 13 year-old Adam, creator of the dog yogi character, Wuf Shanti. "We have to reach their parents, teachers, and doctors so we can teach them better ways to handle stress and deal with their emotions, and we need to teach them to be kind to each other. If they grow up knowing the tools, the world will be a healthier and safer place."

Climbing out of the Communication Crash

This is not the world I grew up in. As I observe the social nature of adults and children, I am saddened to see more disconnect and discord.

Communication has run dry and is becoming replaced with electronic devices that cut off seemingly invaluable everyday discussion. Outdoor playtime is more commonly substituted with the an ever-growing trend in posting on social media platforms, like an addiction, for a superficial and temporary self-esteem boost in the number of “likes” and comments received.

What happened to our culture? What happened to our sense of communication and camaraderie? With a rise in bullying, isolation, racism, and political strife, we need to incite change now and teach children how to connect, engage, and better handle the stressors that this generation now faces.

How do we teach kids to respect, appreciate, include others, and be kind? I asked that question to Wuf Shanti CEO, Marni Becker-Avin, who also happens to be Adam’s mom. “We truly believe that by teaching kids when they are young—important tools such as yoga, meditation, positive thinking, and the yogi-mindset—we can raise less depressed and anxious teenagers and happier peace-loving adults.”

Wuf Shanti is an adorable dog yoga character who promotes health, wellness, and happiness in children, and encourages peace and positivity. This famed dog mascot actively tours schools and children hospitals to promote and instill his message. Wuf Shanti has become a national icon through Adam’s series of books and videos that teach the fundamental principles of living mindfully, positivity, kindness, and gratitude, all through fun, games, and music.



Back to Basics

It all started with Adam’s book and his desire to teach his great-grandpa’s mantras to other children. He then wanted to visit kids in hospitals to help them heal. “His compassion inspired

me to want to help get this message out to kids everywhere,” explained Erika Lee, President of Wuf Shanti.

“Yoga is often considered in the West to be simply a physical activity to increase flexibility; and although that is a beautiful and necessary element of the practice, it runs so much deeper than that. The true practice of Yoga is bringing it off of the mat and into the world,” said Lee.

Tapping into tomorrow

Reaching out with a positive message to kids, in person and online, is direct and impactful. Best of all, Wuf Shanti videos are truly educational and entertaining. They are on Florida PBS stations during the Kidsvision hours, on the Children’s TV Network in children hospitals across the country, and on the Wuf Shanti YouTube Channel on YouTube Kids. There’s also a free Mindful app that teaches positive thinking through games.

“As a psychologist, I would advocate for children to learn from Wuf Shanti so they can learn mindfulness techniques at an early age that will help them problem-solve as they become teens and hopefully become peaceful, well-functioning adults,” said Dr. Chris Willard, a Harvard Medical School professor and President of the Mindfulness in Education Network. “As a parent, we are always looking for ways to impact our children’s future and help change the world. This show could not be more timely, with its promotion of health, wellness, & happiness in the next generation, and would be extremely beneficial for children everywhere.”

Can the mind control the body? Science thinks it can, and many people believe in the power of positive thinking to help the healing process. Even adults could probably learn a thing or two from this master dog yogi, which is why Wuf Shanti will soon offer more character friends to join him in his mission to make the world a better place.

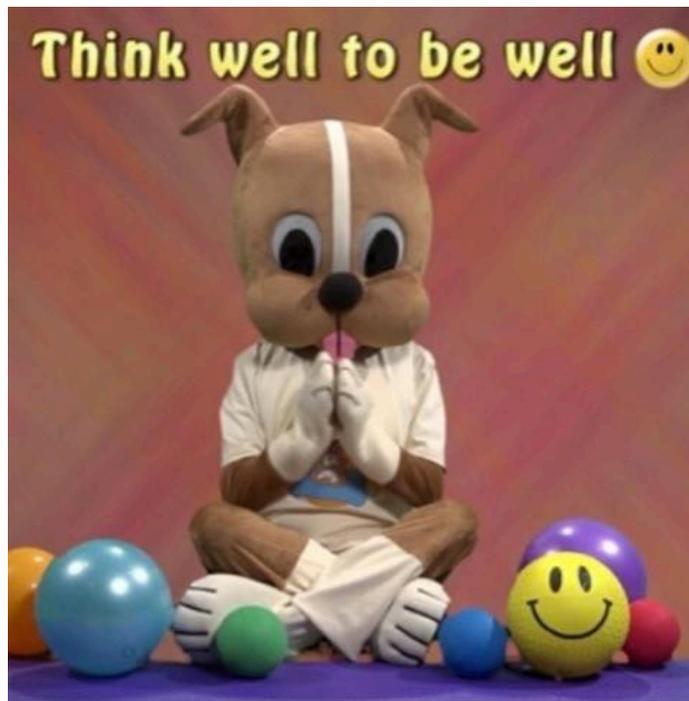


National Outreach

Adam Levine and Maroon 5 posted about Adam and Wuf Shanti on their social media pages. “That was the coolest! My mom showed me, and I was like Whoa!” said Adam.

When asked if there are other celebrities or athletes that practice yoga and meditation that he’d like to meet, he didn’t hesitate to make a list. “Oh yeah, for sure—LeBron James, Dirk Nowitzki, Kevin Love, Blake Griffin, Jason Mraz, Sting, Ellen. My mom also would add Oprah and Deepak Chopra because she likes them. There are so many role models that do yoga and meditate and can help us teach kids to be kind.”

Teaching kids yoga, meditation, and mindfulness may not end all violence and discord in the world, but it is certainly a step in the right direction. With so much negativity in the news today, we could all certainly appreciate an added dose of gratitude, peace, and love.



Learn more

Explore Wuf Shanti, his mission, hospital tours, and recent press from the Miami Herald and Sun-Sentinel on their [official website](#). Tap into the [Wuf Shanti YouTube Channel](#) (free subscription) for a complete collection of episodes.

Download the New Mindful Wuf Shanti Yoga Fun Machine Mobile App (free) for videos, music, games, descriptions of poses, and more for your [iPhone/iPad](#) or [Android/Google +](#).

While we can’t helicopter parent our kids into a safer world, we can certainly teach this peaceful practice that offers a greater impact than overprotecting our kids and sheltering their vitality. Let’s start a movement for change, connectivity, wellness, and positivity with #WufShanti.



miamiherald.com

Wuf Shanti TV show features dog that teaches kids yoga

By Ayanna Runcie Special to the Miami Herald

August 23, 2017, Miami - Thirteen-year-old Adam Avin, producer of the children's yoga program, "[Wuf Shanti](#)," says the show helps keep his great-grandfather's three mantras alive: "Smile and the world will smile with you," the kindness mantra; "smile and say thank you," the gratitude mantra; and "think well to be well," the positive thinking mantra.

Adam, who lives in Fort Lauderdale, says that although there are many feel-good children's shows, none is quite like his. "They don't teach the yogi mindset, they don't teach all these different yoga poses, they don't teach the meditation techniques," he said.

The Children's Television Network, which recently picked up "Wuf Shanti," will soon extend its coverage internationally. The network currently airs in 15 children's hospitals nationwide and plans to expand its reach to 170 hospitals throughout the United States. In December, it will also begin offering its programming on various streaming services accessible throughout the world via Apple TV, Hulu, Amazon Fire TV stick, Samsung smart televisions, among others.

Wuf Shanti, the life-size dog and star of the show, started off as drawings by Adam with his great-grandfather's mantras written underneath, which the teen then developed into a book before setting his sights on the 15-minute television show.

Adam, who is one of the youngest certified yoga instructors in Florida, was the original Wuf Shanti. He dressed in a life-size dog costume until he outgrew it. He's now 5 feet 10.

Adam Avin, who is one of the youngest certified yoga instructors in Florida, created Wuf Shanti, a life-size dog that performs yoga poses and sings along with children in front of the camera.

The dog performs yoga poses and sings along with children in front of the camera. When the cameras are not rolling, he travels to children's hospitals around the nation to lead yoga classes and teach mindfulness.

[On Facebook](#), Wuf Shanti has more than 50,000 followers. Last year, singer Adam Levine of Maroon 5 posted on his own Facebook page, "What a cool way to teach kids yoga. Go back this [Kickstarter](#) from an amazing kid!"

Donnie Vick, CEO of The Children's Television Network, said this show along with others on the network will offer viewers something unlike any other current show.



"It gets kids moving and start thinking about their body," he said. "What I really like is that it's delivered by someone closer to their age rather than a 35-year-old delivering the message. Because sometimes kids like to hear things from other kids."

"Wuf Shanti," which is executive produced and written by Adam's mother, Marni Becker-Avin, will be available through an upcoming mobile app. It is also available daily on local PBS stations in South Florida and anytime on YouTube. "Wuf Shanti is so important right now, with everything going on in the world because he encourages health and wellness in children and promotes peace and positivity," Becker-Avin said.

goop

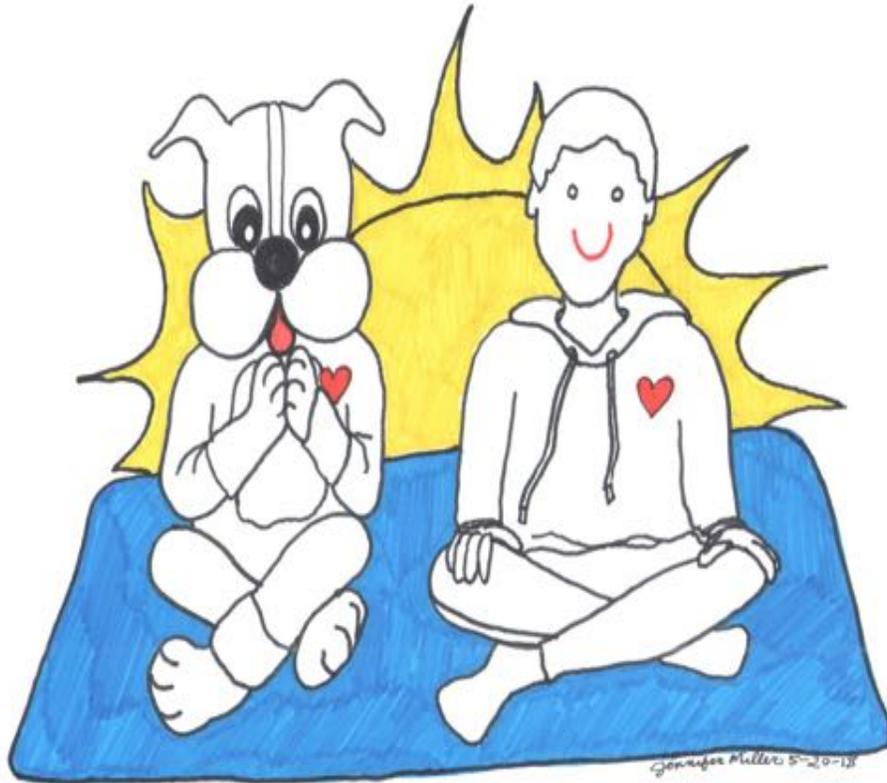


Illustration Courtesy of Jennifer Miller

GOOD SAMARITAN

October 11, 2018

A 14-Year-Old Teaches Mindfulness to Kids across the Globe

goop.com/wellness/mindfulness/a-14-year-old-teaches-mindfulness-to-kids-across-the-globe/

In an online video, a group of little kids is practicing yoga. They wobble in tree pose on brightly colored yoga mats as they sing, “If you’re happy and you know it, be a tree!” In the middle of this unlikely group is their instructor, a smiling dog—

that is, a person wearing a dog costume. This is Wuf Shanti.

“When we wake up every morning and do some stretching and breathing, we set ourselves up to have a good day,” Wuf Shanti tells the kids as they uncoil their little legs and look up at him.

The video is part of series to teach kids the importance of yoga and mindfulness—and the producer would know. He’s fourteen. Adam Avin is a high school freshman from Fort Lauderdale—and one of the youngest certified yoga instructors for youth in Florida. He’s passionate and clearly precocious, and he spends his time outside of school using Wuf Shanti to teach kids the practice of yoga. Avin says Wuf gives children a fun way to learn mindfulness so they can “deal with stress and emotions better.”

“With everything going on in the world—violence, bullying, and kids isolating themselves—it’s important for everyone to take five minutes every day to meditate and focus on your breath,” says Avin.

Avin learned all this from his great-grandfather Jack, “a yogi at heart,” who passed many valuable mantras down to his great-grandson, including “Think well to be well” and “Smile and the world will smile with you.” When Jack passed away, Avin wanted to carry on what he had learned from Jack, so he started drawing a floppy-eared dog sitting cross-legged in meditation, paws to heart, and writing his great-grandpa’s mantras underneath. He named the sketch Wuf Shanti.

Wuf quickly started to grow off the page: Avin next incorporated him into a school project, then a book, and then a mindfulness curriculum.

That was five years ago. To date, Avin has produced seven books, an expanded mindfulness curriculum, and an app for iPhone and Android, all based around Wuf. There’s also the video series broadcast on local PBS and the Children’s TV network in children’s hospitals. And Avin and his alter ego travel to hospitals and schools across the country to give kids in-person mindfulness lessons.



“When Wuf walks into the room, all the kids’ faces light up,” he says. (Avin used to put on the dog costume, but he’s too tall now. His mother, Marni, or a fellow yoga instructor wears it.)

Today, Avin is focused on his latest wellness endeavor—the Mindful Kids Peace Summit. A five-day online educational program running this February, the summit—which he cofounded with educational expert Helen Maffini—is Avin’s largest project to date. He’s including everything you’d look for at a mindfulness event, from breathwork lessons to diversity talks to social emotional learning workshops. There will be panels, interviews, lessons, and motivational speeches from practitioners, athletes, and celebrities. And since it will be online and accessible from anywhere, Avin is trying to get the word out to teachers around the country and world to entice them to play the program for their students.

“We really want to get middle schools and high schools to watch it all on the same day, at the same time,” he says.

Stretched over a school week, the summit will dive deep into various themes, including diversity, inclusion, and communication; kindness and anti-bullying; de-stressing and coping tools; bettering the world; and emotional learning and mindfulness.

It's a huge project, and Avin still has a lot of work to do. He also has to produce new mindfulness videos, play on the high school golf team, study for tests, and find time to be a teen. But Avin isn't overwhelmed; in fact—and true to his mindfulness practice—he's grateful. He “focuses on what's happening now” and spends his energy on his own goals, no matter how lofty. “We want to make the world a better place,” he says.

The Mindful Kids Peace Summit will take place online, February 11 to 15, 2019. To learn more, visit [here](#).

WUF SHANTI

WWW.WUFSHANTI.COM

Mindful Kids Peace Summit: The Next Generation to the Rescue

This February will be the first ever on-line Mindful Kids Peace Summit for tweens and teens, a 5 day initiative for schools all over the world, to help engage students aged 10 to 17 in positive psychology, enhanced physical and mental health and wellbeing and mindfulness. Students will learn tools to help them cope with stress, deal with emotions, and grow into happier peace loving adults.

The Summit is being put on by Helen Maffini, of MindBe Education, and author of *Developing Children's Emotional Intelligence*, and Adam Avin, 14 year-old creator of Wuf Shanti, a dog character which teaches mindfulness, and founder of the Kids Association for Mindfulness in Education.



The Peace Summit is planned for Feb 11-15th, 2019. "We chose to do this the week of Feb 11-15 because it is the anniversary of the tragedy in Parkland, and we want to honor them by doing

something positive to help make a difference in the world, “ said Avin, "I live close to Parkland, and our entire community and surrounding communities are deeply affected by this tragedy, and stand with MSD. Other kids are working on getting rid of the guns (Go Cameron, Emma, and David!), and this is the only way that I know to help, by doing what I do. I want to arm teachers with what they are supposed to be armed with, teachable moments and education.”

Subject matter experts will talk, demo, or give a presentation, and in between segments, celebrities will speak about their health and wellness routines, their charities and foundations, what they do to make the world a better place, and why mindfulness and kindness are so important right now. "Teens listen to role models," said Maffini, "so I think motivational speeches by celebrities will go a long way to getting these kids to pay attention, help us curb the violence, and encourage kids to come together to make a positive impact on the world.”

The videos are meant to be watched at the same time on the same day in middle schools and high schools around the country (and internationally) so that it becomes part of the annual curriculum and generates momentum similar to the world-wide marches. Students watching together will create common goals of inner and outer peace through these tools.

Discussion points and take-a-ways will be provided, so teachers can continue an open dialogue with the kids each day. High school kids will be given service hours for attending the summit, which can be signed by their respective teachers. When a school or class registers for the summit, teachers will be provided with a certificate of attendance that they may sign and distribute to the children in their school.

The Peace Summit is on-line so *people all over the world* can attend. Schools attend for free on the days of the summit. Register today at www.mindfulkidspeacesummit.com.

Mindful Kids Peace Summit 2019 Daily Themes:

DAY 1 We Are All One: Diversity, Inclusion, and Communication

DAY 2 Living Together in Peace: Kindness and Anti-Bullying (stop the violence)

DAY 3 Mindfulness Matters: Tools for Kids to De-Stress and Cope with Emotions (include Yoga, Meditation, Breathing, Positivity)

DAY 4 Doing Good: Things We Can Do Together to Make the World a Better Place and Collaboration

DAY 5 Social Emotional Learning, Interacting with Others, Positive Psychology: More Mindfulness for Kids, and how Teachers and Parents can help.

WUF SHANTI

WWW.WUFSHANTI.COM

PRESS MENTIONS

goop Magazine
Iheartradio
Joelockett Show
Authority Magazine
Poze Magazine
LA Yoga Magazine
Best Self-Magazine
Care for Your Mind
The Doctor Weighs In
Teaching.com
Yoga Digest
Thrive Global
Integral Yoga Magazine
Common Sense Media
Sun Sentinel
Huffington Post
Miami Herald
Superfly Super Mom-Parenting Blog
Make Wellness Fun
Good Living Magazine
Adam Levine Post on Social Media



LIST OF STORY IDEAS

- Mindfulness benefits-helps children with anxiety, illness, depression
- New study: Mindfulness cognitive therapy helps kids with anxiety disorders
- Wuf Shanti teaches yoga and meditation to kids impacted by Cancer
- Wuf Shanti helps ease back to school stress and bullying by teaching kids mindfulness
- Wuf Shanti on Florida PBS stations, Children's TV Network, & Adventure2Learning
- Wuf Shanti helps kids manage stress and cope better with trauma & emotions
- Feature on 14-year-old Adam, Wuf Shanti creator
- Teen curriculum: Kids Assoc. for Mindfulness in Educ & the Mindful Kids Peace Summit
- How mindfulness, yoga and meditation help in the healing process
- How mindfulness, yoga and mediation help encourage a life of peace and positivity



AWARDS

- Common Sense Media names Wuf Shanti mindful mobile app, the Wuf Shanti Yoga Fun Machine, as "Best in Health and Games App for Kids".



**common
sense**



- Mom's Choice Awards names Wuf Shanti "Best in Family-Friendly Media, Products, & Services."



- National Parenting Products Awards (NAPPA) names Wuf Shanti "Best Products for Kids" in their Health and Wellness Roundup!

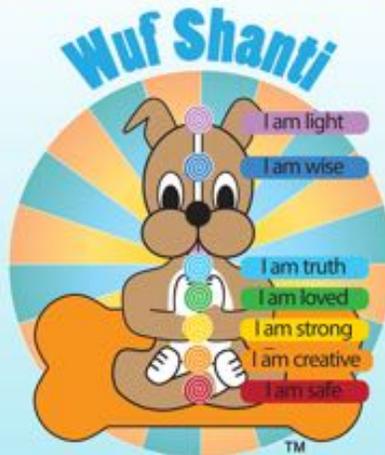


Meditation for Kids

Helps keep children relaxed, centered, and calm

Increases feelings of happiness & peace; teaches empathy, tolerance and acceptance; increases energy flow, focus, & concentration; helps sleep better

Teaches positive thinking, peace, love, & kindness for self & others, and gratitude



Lowers blood pressure, depression, anxiety, stress, risk of heart attack, chronic pain & insomnia; helps to cope with stress, calm the mind, relax the body, and focus on here & now

Boosts immunity; regulates breathing & heart rate; helps the healing process with cancer and other illnesses; helps fight heart disease and control asthma, arthritis, IBS, Psoriasis and eczema.

"Think Well to be Well"

"Smile & the World Will Smile With You"

"Smile & Say Thank You"

wufshanti.com
facebook.com/wufshanti
twitter.com/wufshanti
instagram.com/wufshanti
youtube.com/c/wufshanti

Yoga for Kids

Yoga is a mind/body movement & breathing practice tool which helps kids mentally, physically, & emotionally.

Improves mood, concentration, focus, attention, memory, learning ability, self-esteem, self-confidence, self-acceptance

Increases flexibility, sports endurance, sports performance, balance, core strength, posture, physical activity, alignment; reduces risk of injury in sports



Lowers depression, anxiety, stress, tension; improves sleep; helps to calm the mind, relax the body, and focus on the present.

Boosts immunity; provides for better respiration, circulation, digestion, adrenal gland function, & endocrine balance; lowers blood pressure; improves lung capacity, & cardio-vascular fitness, bone strength, muscle & joint strength; helps children with ADHD, Autism, Cancer, Obesity and Anxiety.

Teaches love, peace, tolerance, empathy, understanding, acceptance, coping techniques, more productive ways of dealing with emotions & stress; helps the healing process and promotes health, wellness, and happiness

wufshanti.com
facebook.com/wufshanti
twitter.com/wufshanti
instagram.com/wufshanti
youtube.com/c/wufshanti