



Think well to be well
wufshanti.com



**MINDFUL KIDS PEACE
SUMMIT**
mindfulkidspeacesummit.com

MEDIA CONTACT: Thinkwell@wufshanti.com

S U M M A R Y

Adam Avin is a [teen mental health education advocate](#) who speaks to children and adults about mindfulness and social emotional learning, how these techniques can help with stress reduction and coping with emotions, and why it is so important to teach these lessons in school.

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](#) in children's yoga and mindfulness-based stress reduction for teens. He founded the [Mindful Kids Peace Summit for Teens](#), a more serious curriculum without the dog character, and gave a [TEDxTalk](#) about Mindfulness in Education as well.

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.





ADAM AVIN

[Teen mental health education advocate](#), Adam Avin, is certified in Mindfulness Based Stress Reduction for Teens, Kidding Around Yoga, and the Emotion Code, and is the youngest meditation instructor at Yoga International. At age 14, Adam gave a TEDxYouth@KC Talk about getting mindful and social emotional learning programs into our education system, why mental health education is so important to stopping the violence, and using our voice to make a positive difference in the world. He also sits on the Superintendent's Mindfulness Initiative. In 2013, Adam created the Character Wuf Shanti, and thereafter formed the [Wuf Shanti Children's Wellness Foundation](#), a 501c3 non-profit organization, to teach mindfulness and social emotional learning, so children 3-17 years-old can live in health and wellness & peace and positivity. He also founded the Kids' Association for Mindfulness in Education, and the international online [Mindful Kids Peace Summit](#). Adam and his work have appeared in publications such as Psychology Today, Tiger Woods Foundation Magazine, goop Magazine, CASEL newsletter, LA Yoga, Mindful Magazine, Chicken Soup for the Soul: Think Positive Live Happy, and many others.

Watch Adam's [TEDx](#) here:

https://www.ted.com/talks/adam_avin_mindfulness_in_education_to_lower_stress_and_violence



Adam spoke to the Broward County School Board about the [new] Florida law mandating mental social emotional education in middle and high schools, and he was invited to participate on the Supt.'s Mindfulness Committee in order to improve upon this curriculum as part of the culture of schools. See Adam's speech to the Broward County School Board: <https://www.youtube.com/watch?v=-yGT8NXJ7lc&t=10s>

As a youth mental health education advocate, it is Adam's goal to get MBSEL programs into all schools K-12 so that kids can be prepared to navigate all the ups and downs in life, and live a healthy happier more mindful life.



ORGANIZATION'S MISSION

Wuf Shanti Children's Wellness Foundation's **mission** is to teach the next generation how to have a mindful-mindset, appreciate what is good, and spread kindness, by encouraging kids to live in health and wellness, peace and positivity, and teaching them the tools to deal with stress in order to make this world a better place. It is our goal to help kids of all ages learn to be healthier and happier, be inclusive, kind, and live in gratitude. Our intent is to get **Mindfulness Based Social Emotional Learning (MBSEL)** programs into schools K-12, in order to help children learn to cope with emotions, and reduce self-harm and violence to others. By utilizing student voice, it has helped get these mental health programs into our education system so that kids can grow up to be less depressed and anxious, and more compassionate and empathetic.



W U F S H A N T I

At the age of 9, Adam created Wuf Shanti. With the help and support of his mom, Marni Becker-Avin, and yoga therapist, Erika Lee, Adam's Wuf Shanti character has come to life, bringing smiles to children everywhere.

It began as a child's project in honor of his great-grandfather, and now the **live mascot** visits children hospitals and schools. **Wuf Shanti** has produced 7 books, a mindful mobile app with signature games, 150+ videos, which have run on local PBS stations, the Children's TV Network (the station in children hospitals across the nation), Adventure to Learning (health and fitness video programming in 25,000 schools), KidoodleTv (safe streaming network for kids), and Common Sense Media. Our mascot has traveled to schools and hospitals to visit with the kids, and these days, due to covid, we have been hosting online courses. Wuf Shanti curriculum for primary education, is taught in fun and

engaging ways, through music, games, books, videos, and activities. The kids adore the dog character, and are happy to learn about mindfulness and SEL in this way.

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".

As Adam grew up, so did Wuf Shanti, and in 2017, our early learning curriculum expanded to teens (minus the dog character) with the [Kids Association for Mindfulness in Education](#), the [Partners for Peace interview](#) podcast series, and the [Mindful Kids Peace Summit](#).



MINDFUL KIDS PEACE SUMMIT

[MKPS](#) curriculum, for secondary education, is minus the dog character, and presented in a much more serious way. It began as a summit, offered annually during Peace Week in September. It is now more like an on-line [digital library](#) because teachers and students can watch throughout the year, choosing topics that coincide with whatever lesson plan the teacher is focusing on for that particular week. Available [topics include](#) mindfulness, yoga, meditation, communication, diversity, inclusion, kindness, antibullying, cyber-bullying, stress reduction, gratitude, self-awareness, self-regulation, self-compassion, positive thinking, interacting with others, connection, collaboration, empathy, positive psychology, coping with emotions, mental health, substance abuse, suicide prevention, trafficking, and more. There are approximately [80 experts](#) and more than [50 hours of content](#) on MKPS, and the curriculum is shown in middle and high schools across the globe. None of the content is presented in a lecture format, and the kids enjoy [learning from a peer](#) (Adam) in a more interactive and interesting way. For example, content is delivered in presentation, demonstration, or interview form, in which Adam interviews various experts in the respective fields. Extras include discussion points, activities, journal questions, and group projects that the teacher can assign after each segment.



KIDS ASSOCIATION FOR MINDFULNESS IN EDUCATION

KAME is an interest-based student-run club where youth can come together to mindfully do good in the world and help get mindful programs into schools across the country. The goal is to empower student voice and youth advocacy, so the students become the teachers, and get Mindfulness Based Social Emotional Learning (MBSEL) mental health programs into schools K-12, while teaching the basics of mindfulness and SEL. Student ambassadors can then teach these self-regulation tools to other students to help them cope with emotions and navigate the daily stress of life in a productive manner. And then those students can teach other students, and so on.

THE TV SHOW

Wuf Shanti **promotes health, wellness & happiness, & encourages peace & positivity**, through the dog character, mindfulness, social emotional learning, yoga, meditation, games, fun, & music. Think like Barney or Elmo for yoga, mindfulness. There is no other mindful character that is cross-platform with videos, music, games, books, a curriculum, app. If children learn early how to live mindfully and deal with emotions in a productive manner, then we will hopefully have a more peaceful world where kindness abounds.

The goal is to help kids live mindfully, and through mental health education, 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 themselves and one another, and to live in peace and gratitude. 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. Our intention is to teach kids these tools when they are young, to help them remain calm, cope with emotions, and promote good health and well-being.

SOCIAL MEDIA
@WUFSHANTI



mindful

healthy mind, healthy life

Peace Begins With Me

Adam Avin saw his peers hurting and wanted to help them. In this interview, the now-16-year-old talks about the innovative ways he shares mindfulness skills with other kids and teens, sowing seeds for a happier and more peaceful future.

By Amber Tucker, December 9, 2020, Health



Photo by Roie Avin

Mindful: In your TED talk you say that your grandfather introduced you to a mindful and positive approach to life. I'm curious, did he call that approach "mindfulness" or was that a word that you learned later?

Adam: No, he didn't actually use the word mindfulness specifically, but we like to say he was a yogi at heart. He had a yogi mindset, and he had his positive mantras: "Think well to be well," "Smile and the world will smile with you," "Smile and say thank you." So I kind of had those messages in my head from a very young age. My mom also had a yoga teacher, Erika, who was a big part of our lives for a long time. She did yoga and meditation with my mom, so when I was little, I would pop into the sessions when I was home, for some reason.

And so all these things were kind of around the house, but it wasn't until I got older that I learned the vocabulary—that it was actually mindfulness. My grandpa never actually said it, but it was kind of implied. And still to this day, you know, I don't practice traditional meditation every day, but my practice consists of the breathing techniques, and learning, coping, coming to my emotions the right way. I'm a golfer—I'll put in some headphones, let's just listen to some music on the golf course. That's my relaxation for the day. So we all practice mindfulness in different ways, but these ideas have definitely been in my head from a really young age.

M: Often, we kind of see mindfulness as a personal, individual practice, not really something that you would share with other people. What inspired you to take it further and share it with other children and teenagers?

A: As I grew up, so did our organization. Basically, as I was entering high school, I saw how a lot of my friends or just the people around me honestly were overwhelmed, with all the homework and extracurriculars and social life, whatever. I saw the stress and the anxiety, in myself too.

That's when we really took the opportunity to create the Mindful Kids Peace Summit. It's a digital online video library, mostly for teens, where we [Helen Maffini of MindBe-Education, and I] interview over 80 experts who—some give demonstrations or presentations—but it's mostly interviews and we discuss topics like diversity, inclusion, communication, kindness, anti-bullying, mindfulness as a tool to deal with stress, positive psychology, social-emotional learning, self-awareness, self-compassion, empathy, so much more, and it's a great tool for teens to use in the classroom. So as I got older, we definitely took the opportunity to expand and say, "Hey, I'm seeing this on a daily basis, we need to create a curriculum for other kids."

What also inspired me was that we live very close to Parkland, where the shooting at Marjory Stoneman Douglas happened. So that really brought the whole community together. We were like, with these things happening, and to high school students, the violence in the world, we really need to teach teens that might be dealing with stress or anxiety on a daily basis.

We used to say things like *yoga* and *meditation*, and now, it's definitely grown into *mindfulness*, which yoga and meditation are a part of. And it's also social-emotional learning and empathy. All we really want to do is to help teens become less depressed and anxious, and just live healthier and happier lives altogether. So that's what furthered my interest in mindfulness.

M: That's powerful. And before that, you had already started teaching mindfulness tools to younger kids?

A: Yeah. When I was about nine years old, we created the Wuf Shanti Children's Wellness Foundation, which is now a nonprofit organization. We teach mindfulness and social-emotional learning. So we have Wuf, which is a dog character, which kids love, and it's through fun and games and music and videos—we try to teach it in a way that they don't actually know that they're learning, in a fun way. We don't specifically go by the definition.

M: Could you give me one or two examples of how you would explain to younger kids what social-emotional learning is?

A: For younger kids, like I said, no definitions. [Instead] we play self-awareness games, like Feeling Charades or gratitude games, like our Happy Ball game. We use affirmations like "Think well, be well," or "Peace begins with me," or a laughing game, which kind of puts that into practice for them. We also use a lot of music and

videos, like Kidding Around Yoga, which I'm also certified in. We took one of those songs, "Every little cell in my body is happy," and we made a music video with the dog character and kids like to dance around and play games with Wuf Shanti. They don't actually know what the meaning behind all the words is, but they're starting to learn it from a really young age.

For older kids, it's a lot more serious. It's more interactive, there's a lot more detail. And we do use the meanings and definitions and descriptions of every topic that we go through. A lot of the students that watch [the Mindful Kids Peace Summit videos] are teenagers. I think they enjoy that I'm the one interacting with them. Obviously all the experts are adults, but I'm the one that's interacting with them. They're learning from a peer. One of the practices we do is the [Stressed Teens'] self-care water bottle exercise, where kids post stickers on their water bottles, things that make them happy, things that they enjoy. We tell kids to think of things that make you happy, things that are positive, that you can go back to and make you feel better, be mindful. It's like you go to the gym for physical exercise or you brush your teeth for oral health. You go back to your water bottle for your mental health, all the things that make you happy.

M: What do you think are the most effective ways to make our schools more mindful?

A: First, you have to educate the educators. We've got to get into schools. Because if kids are learning these practices and going into school, trying to be more positive, and the teachers are just as stressed, if not more stressed, it's not going to help the kids [feel] any better.

We also have to get it into schools because if we can get it into a kid's daily life, then they're going to be equipped with the tools every single day, and they'll be able to carry it with them outside of school as well. I also think a lot of teachers and schools, when we would say things like "yoga and meditation," they don't think that these tools are really secular. But they are secular, which means it's for everybody. It's not just about sitting with your legs crossed and your eyes closed and your fingers like this (*demonstrating*). Mindfulness is about being in the present moment, focusing on the now, not worrying about yesterday or tomorrow, just being present.

There are so many benefits of how it can help people, students too—like with your academics; athletically; it can make you just happier and healthier. It can also help with specific issues like ADHD, asthma, eczema. And I'm not saying that you have to be happy every single minute of every day, because we're all humans and that's just impossible. You have to deal with whatever comes up in life. But the best thing about mindfulness is that you're able to come back to the present moment and be positive and be happier.

M: You've already said a little about this, but I wonder if you want to say anything else about what you've found is the difference between promoting mindfulness with kids and promoting it with teenagers?

A: Yeah, I mean, everything is the same, just said differently. To younger kids, it's fun and games and music and videos, but to the older kids, it's a lot more serious without the dog character. It also depends on the kid, it depends on the school, and what they want to learn about.

With the Mindful Kids Peace Summit, it can range from ages 11 to 17 or 18, or anyone older if they want to look at it. But what a 13-year-old might be interested in might be different from what a 17-year-old is interested in, or what they want to specifically learn about. So on the Summit, we divided the curriculum into sixth grade, seventh grade, eighth grade, and so on, so there are different opportunities for everyone to learn.



M: I can tell from how you talk about all this that you clearly care so much about other folks your age and helping them—how has this helped you?

A: It has such a huge impact on me, and on how I deal with things on a daily basis. I think the biggest impact that it's had on me is just the ability to use my voice. I've wanted to do that this whole time, but as a teenager and I'm seeing things, I'm seeing how kids act, and now I get up in front of adults and I speak to them about how, what, why they should incorporate [mindfulness] into their curriculums, to guidance counselors, directors, principals, teachers. It's just so important and I want to use my voice and I want to help people and really just make a difference.

At my TED talk, I went on right before intermission, so after my talk I walked out into the lobby and this mom right away brought her daughter up, at least seven or eight years old, and she asked if the daughter could give me a hug. I was like, of course, sure. And the mom was telling me that her husband and the daughter's dad was in the army and was dealing with a lot of PTSD and some suicidal thoughts. Being able to hear me speak about it and about Wuf Shanti and why this is so important, really helped to put into perspective for this little girl some of the problems that her dad is dealing with and why [mindfulness] can help her and why these are so important.

It's just really given me the confidence to help others and explain why it's so important to get these mental health programs into schools. If kids can learn on a daily basis, they can go and teach others. We're also trying to start KAME [Kids Association for Mindfulness in Education] clubs, which I'm actually just starting in my school as well, so that kids can learn to use their voice and go on to teach other kids these mindful tools or mental health tools as well. So it's just helped me want to help people. And I think that's the most important thing.

M: A lot of young people are looking at their world right now, and no matter where they're from they may be kind of wondering what they can do to make a positive difference—and maybe not everyone can start an organization to do it. But if other young people really want to share a mindful approach to life with their peers, and with their communities, what are a few ideas for them to get started?

A: I think the first one is you've got to start practicing yourself. It took me a long time to practice daily, or at least get in the mentality of understanding why it's so important in someone's daily life.

I try to tell people, we have over 50,000 random thoughts a day. That is so many, the most important thing about mindfulness and what it does for you is that you can, without judgment, look, notice those thoughts, and then just release them. It really just helps you to respond instead of react. If you practice these things for five minutes every day, it can really help your life, and the science proves it. No one even has to know you're doing it.

For me, like I said, I like to listen to music. I like to go golfing. That's my peace for the day, that's my mindfulness practice. Just taking that time to yourself to kind of reflect and notice those random thoughts and release them is super important. One of the practices that we have is we tell people to listen to a song, to find one of your favorite songs and try to notice one part of the song, like the drum beat, for example, and try to notice the drum beat.

Before COVID, when I was going around and speaking in front of people, I would say I was a big advocate for: Put the phone down, look up, communicate with people. And obviously we're in a tough situation right now, at least I am, and I can't be a hypocrite about it because I've gotten back on my phone. I was off social media for eight months, before the country shut down. And when you're in a time like this, you need your phone to stay in touch with people. And honestly, I'm kind of thankful for social media, because it allowed me to just stay in touch with my friends. But that being said, why mindfulness is so important is that it really helps you be self-aware, it helps you try and find other things to connect with the world around us, to get off the phone once in a while.

M: I love that you brought up getting off social media. Being off social media for eight months is almost as impressive as starting a foundation!

A: Yeah, at first it was tough, but, you know, I was entering 10th grade at the time and I wasn't in the best place actually. And I needed to just get off my phone and it really helped me connect and be more mindful of what was going on. I was able to focus on school more. My grades improved. I was happier because I wasn't dealing with the stresses of—I don't think people really realize it, but the stresses of just kind of scrolling and scrolling and scrolling and you get caught up in it. So it was just good to get off of it.

If you look up and you look at the world around you and you pay attention to different things, and you find yourself with mindfulness or whatever you choose, you can find something that you're passionate about, and you can talk about it, write about it, teach about it. I'm in the Future Coalition, and everyone in the coalition talks about something different. One person is an advocate for climate change, one is for gender equality; me, I'm mental health education in schools.

So find your passion, find what you want to talk about, and what you want to tell people about why it's so important. I think the first step to doing that is practicing [mindfulness] yourself.

Find out more about Adam's work in mindfulness:

[Wuf Shanti](#)
[Mindful Kids Peace Summit](#)
[Adam's 2019 TED talk](#)
[Instagram](#) and [Facebook](#)



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PRESS MENTIONS

Tiger Woods Foundation
Tweens Magazine
Joelockett Show
Authority Magazine
Poze Magazine
Care for Your Mind
The Doctor Weighs In
Yoga Digest
Thrive Global
Integral Yoga Magazine
Sun Sentinel
Huffington Post
Miami Herald
Superfly Super Mom-Parenting Blog
Make Wellness Fun
Adam Levine/Maroon 5
Conscious Parents, Thriving Kids
World Happiness Festival
Philanthropy Podcast
Mindfulness in Educ Summit
Chicken Soup for the Soul
Mindful Magazine
Mindful Stories Summit

Psychology Today
goop Magazine
Iheartradio
LA Yoga Magazine
Best Self-Magazine
Teaching. com
Common Sense Media
CASEL Newsletter
Sulavon's SheShed
All Health TV SF PBS
Catching Z's Mindfulness Podcast
Dr Whisperer Podcast
Daytime TV Show
TEDXYouthKC
Good Living Magazine
Neuroscience Meets SEL
NBC 6 Making a Difference
Keen on Teens Summit
Real U Podcast
Mindfulness in Preschool Summit
Yoga International
Four Winds Journal
Live Healthy Podcast

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 helps kids manage stress and cope better with trauma & emotions
- Feature on 16-year-old youth advocate Adam, Wuf Shanti creator, recent TEDx Talk about getting mindful and SEL programs into schools K-12, and why mental health education is important to stop the violence.
- Teen curriculum: Kids Assoc. for Mindfulness in Educ & the Mindful Kids Peace Summit



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," "Best Meditation App for Kids," and names Wuf Shanti in their "Coping with Stress during Covid" Article.

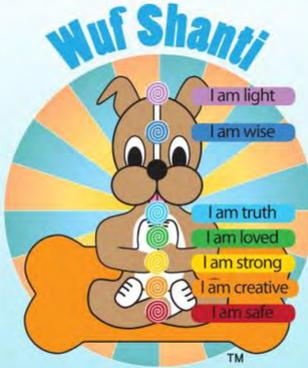


- Mom's Choice Awards names Wuf Shanti "Best in Family-Friendly Media, Products, & Services."
- National Parenting Products Awards (NAPPA) names Wuf Shanti "Best Products for Kids" in their Health and Wellness Roundup!
- Heal The Planet Award for being a Young Planet Leader working to make the world a better place.



Meditation for Kids

Helps keep children relaxed, centered, and calm



The central image shows a cartoon dog named Wuf Shanti sitting on a bone-shaped mat. The dog's body is surrounded by seven colorful chakras, each with a corresponding affirmation: I am light (purple), I am wise (blue), I am truth (green), I am loved (yellow-green), I am strong (yellow), I am creative (orange), and I am safe (red). The background is a sunburst pattern.

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.

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"Smile & the World Will Smile With You"
"Smile & Say Thank You"

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Yoga for Kids

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



The central image shows the cartoon dog Wuf Shanti in a yoga pose, sitting on a green mat with its arms raised. The background features a tree and a sun. The dog's body is surrounded by seven colorful chakras, each with a corresponding affirmation: I am light (purple), I am wise (blue), I am truth (green), I am loved (yellow-green), I am strong (yellow), I am creative (orange), and I am safe (red).

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.

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Meditation for Teens

Helps keep teens relaxed, centered, and calm

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

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

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



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.

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Yoga for Teens

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

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

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

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



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

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