

WILLIAM CULLEN BRYANT HIGH SCHOOL

48-10 31st Avenue
Long Island City, New York 11103

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February 23, 1998

Ms. Anna Mancini
Sahaja Yoga Meditation Instructor
32-63 43rd Street
Astoria, N.Y. 11103

Dear Ms. Mancini:

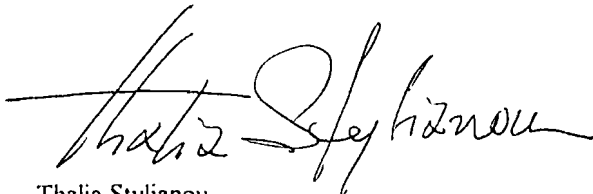
Please accept my deepest thanks and appreciation for the excellent and very informative presentations you have conducted as a guest speaker throughout the past two fall semesters of 1996 and 1997 on Sahaja Yoga Meditation.

These presentations became an important part of the SPARK Substance Abuse Prevention Program when specifically presented in conjunction with the SPARK lesson: "How to Reduce Stress and have a Drug Free Life." It notably helped students understand that there are better ways of coping with stress than using drugs.

Your commitment to raise the students' awareness about the ills of stress as a deterrent to drug use was very evident as students and staff reached out and actively participated to learn more about Sahaja Yoga Meditation. The very comprehensive handout materials were also very helpful. You gave so much of your valuable time to our students and did it all not only with professional expertise but also with a warm smile.

Thank you for enhancing our school community with a very positive way to stay stress free.

Sincerely



Thalia Stylianou

cc: Rose Albanese-DePinto, W.C. BRYANT H.S., Principal

John Fabio- SPARK PROGRAM, Queens Boro Supervisor