

Hi Troy-

I hope you're doing great!

Since our staff couldn't get enough of Mindology Fitness, we would like to know what your availability is for March and beyond.

Thanks!



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Thank you, Troy Byer for sharing your "Mindology" approach to self-healing and regulation. I found your Mindology Fitness Workshop to be a very easy yet intentional approach to the mind, body, spirit connection. As the Executive Director for the Virginia Child Care Association and having been in the field of early care and education for 25 years, I can tell you first-hand that your techniques have the power to transform any classroom, benefitting both children and teachers. I also saw how the parents were the indirect beneficiaries as well.

I believe that your "mental workout" has the ability to bring balance and calm to children. Many who suffer from daily stress and can now be equipped with mental health tools leading to a reduction in stress and an increase in self-regulation. With mental health concerns on the rise for children and adults in the United States it's more important than ever to know about "Mindology" and how to create a healthy mental break throughs in the mind/body/spirit connection. Not only that, it's FUN! I enjoyed my time in your class and left feeling invigorated, relaxed and pain free. Pain that was in my upper clavical was actually relieved through your meditative guidance. It's GONE and hasn't returned!

I will be singing your praises and sharing your "song" with my colleagues in the early childhood field. It's imperative to get this program into the classroom and into the hands of our children supporting mental health proactively. Please reach out to me if I may be of assistance in any way. I believe in your mission and know that it will make a difference in the lives of many. So glad we had the opportunity to meet.

All My Best,
Kim Hulcher
Executive Director



PRECIOUS TIME

September 16, 2019

As the CEO of Precious Time Childcare Development center, and an educator in the early childhood field for 17 years, I have had the privilege of participating in many different personal growth and development courses, have learned from the best of the best in the industry for more than 25 years, and still I have been blown away by Dr. Troy Byer's brilliant contribution to humanity! Dr. Byer's MindologyFitness program combines science and many different modalities to teach and engage both children and adults emotional and physical coping techniques which support everyone in managing daily stress.

Given my commitment to always finding the BEST cutting-edge programs to implement in our business for the benefit of our staff, children, and community, I've been searching for many years for EXACTLY what Mindology provides for both Adults and children. I am thrilled that my search for what I believe will be the biggest contribution to our community is complete!

I hosted a MindologyFitness Kids class in my home, for my kids and their friends because I wanted these precious children to have access to all these techniques which most of us were never taught growing up. MindologyFitness teaches children how to deal with and release unwanted emotions, self-heal, gain confidence, find inner peace, stand up for oneself when needed, AND how to connect to their greatness and focus their attention on things they want for themselves and their lives (some of us adults call it manifesting). The tools gained in Mindology Fitness Kid's classes help children manage all the stress and emotions tht come with being exposed to so much at school. I could NOT believe how much both my young daughters ages 7 and 10 learned from just one session! The very next morning I saw my youngest doing one of the poses she learned from the MindologyFitness class, and I asked her, "what are you doing my love?" She responded, "mommy, I am waking up my brain." That same night, my oldest daughter insisted she now learned how to access her healing powers and wanted to help heal my back pain. As I waited patiently for her to do her thing, I found her blown away saying "mommy, I feel so good and got filled with love while I was giving you healing energy." Wow, the concept of giving and receiving, felt in such a deep sense at this young an age is priceless!

Given the incredible results I witnessed in my own kids combined with the unexpected feedback I received from other elated moms in the days following the class, I knew I had to bring MindologyFitness to my childcare center ASAP. Launching this program in our Childcare Center has been the biggest gift to our Precious Time staff, children, and families. Everyone now has access to tools that not only help with releasing unwanted emotions, but also increase the entire center's wellbeing and joy! The staff moral has risen to an unprecedented level of love and harmony, even during the most challenging days. I am certain that as my staff continues to teach MindologyFitness to our daycare kids, there will be even more noticeable improvements and am excited to recommend MF to everyone!

Amazing Dr. Byer THANK YOU for all your contributions to my family as well as our Precious Time Child Development Community.

Sincerely,

Peymaneh Rothstein

Peymaneh Rothstein, CEO

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