

On Monday I am already stressed out. Either from stuff at home, or school. But I think to myself; "Only three day till meditation". I not only enjoy meditation but Jeff too. He is a fantastic meditation teacher. I am so gratefull that he comes to our classroom. It really clear my mind, even if I fall asleep I wake up relaxed. I appreciate what Jeff does and I hope he can come all year.

Tony m.
13 years
old

Monach
School

8th
grade
10/15