



*Empowering visually impaired
people to live fulfilling lives*

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May 26, 2010

Mr. Jeff Zlotnik
The Meditation Initiative
541 2nd Avenue, Suite A
San Diego, CA 92101

Dear Jeff,

I'm writing to you on behalf of the students and staff at Braille Institute to thank you for volunteering at our center each week. For many of our students the stress of dealing with vision loss becomes overwhelming. Routines they've established over a lifetime are disrupted and they need to learn new skills to maintain productive, fulfilling lives. By spending time in your class they experience increased relaxation while at our center each week and more importantly develop skills they can use on a daily basis to better deal with the challenges they face.

Since you started teaching classes last year, I've received numerous compliments from our students and staff members indicating that the class helps them take control of their emotions and experience less stress and anxiety. In addition to your depth of subject matter expertise, students in your classes continually say how much they appreciate your personable and calm demeanor and the welcoming environment you create for them. For many of our students it's difficult to verbally express how they're feeling yet I've found you are able to bring many people out of their shell so they can share their fears and frustrations and get the support of others.

The classes you teach are a vital part of our program and I appreciate having the resources of The Meditation Initiative available to Braille Institute and other organizations like ours that serve those in need in our community.

Thanks again for everything you do.

Sincerely,

Julie Stanley
Volunteer Services Manager