

Be Well Therapy Student Testimonies- Impact Narrative

Hi Debbie

Here are my thoughts and feelings on our sharing in the Be Well classes.

I have to thank you immensely for all you have done for me and my whole family. The classes have first of all benefitted me physically. At first I thought nothing much was happening. Maybe I was too old? Too late for help? But out of the blue, you would say something that let me know I was getting stronger, progressing, and that I was not "too" anything for help. It helped me work on to the next challenge.

Mentally, the help from the classes was amazing. My attitude took a change for the positive, for which not only I was grateful, but my husband as well. He was the one who was putting up with my "discouragement" on a regular basis. No more. And my children, though not living close-by, were delighted that I was doing something very positive for myself,...and for them as well.

I need to say that I thought the "C-virus" challenge was going to affect me a lot, but you were there "long-distance". You continued to care, guide, and instruct from a distance, which I doubted was possible in the beginning. I can't state too strongly how much I appreciate everything that you have done for me on every level. I look forward to being able to work with you again, in the studio. You have been a real gift to me when I needed it the most.

Thank you, Debbie.

P.S. You too, Olivia

Ariel Hall

Dear Fallbrook Regional Health District,

I want to thank you for supporting the yoga classes I have attended in Bonsall and Fallbrook, since my cancer diagnosis many months ago.

I have given some thought about how I feel the Be Well Yoga for Cancer Survivors makes a big difference for me, other survivors and our families/supporters.

Stress is the enemy of wellness and our bodies need deep breathing and relaxation to heal. Be Well yoga is designed by experts, so the classes are critical to stress reduction and healing. Essential oils, proven sound healing,

deep breathing, energy, and muscle strengthening exercises combine to multiply our own body defenses for healing.

Proof? My blood pressure averaged 146-168 for two years till the doctor put me on medicine. Now with relaxation and essential oils it is usually normal without drugs.

I can sleep more, with fewer nightmares. Walking into a room knowing everyone cares and has a similar experience, lessens my fears.

I had an operation to cut out cancer in my bladder and then 6 weeks of immune treatments. My recent tests show no more cancer.

And now I am able to help others with their new diagnosis by giving hope-filled encouragement. I have had a long life trying to improve the world and add compassion to lives. This includes working at KPBS for 10-years, directing the Wellness for Children Project in Monterey County 9-years, teaching at CSUMB for 8-years and co-founding CompassionateArts.org presently,

I am now working on an English and a Spanish language children's video to teach relaxing breathing and visualization for wellness for children ages 3-7 and their families during illness or stressful situations. I will give access to these when completed.

The other people in Be Well have affected children in our community lives too, some are teachers and health professionals. The knowledge that local government agencies care is important to trust, especially with the threat of the CoronaVirus.

I still have 3 years of treatments alternating with tests, but I feel with Be Well, that, I have a team of loving support. It means a lot. It can mean the difference between giving up and dying, or sticking with healing modalities that increase my chances for 20 more years of health!

Sincerely,

Kira Carrillo Corser

Dear Fallbrook Regional Health District—

I would like to express my gratitude for your grant that lets me participate in the weekly Yoga for Cancer Recovery class. I'm finding that this gentle approach to yoga, with alternative positions and tools to help maintain postures, is helping me regain the strength and balance that I lost during my post-surgical therapies. Teacher Debbie Taylor has been wonderful at training class members to recognize the limits of our bodies and encouraging our progress.

I look forward to continuing these sessions and hope that Fallbrook Regional Health District will consider renewing Be Well Therapy's grant to conduct these helpful classes.

Margot Dokken

This class is something I look forward to weekly. It helps to ground me and inspires me to continue on my own, on a daily basis.
Debbie is a warm and caring person as well as a true example of what encouragement can do to validate each person in the class.
The reiki has also come to be most rewarding for me.

Jill Cole

Be Well Therapy Students at Sage Yoga Studio Class in Bonsall



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Community Partner page on Website

<https://bewelltherapy.net/our-community-partners/>





Oceanside
Museum of Art

