



**Mountains
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***"My Best for
God's Glory"***

To whom it may concern

The students at Mountains Christian College loved dance and movement with Lavender Lily. Initially Lavender Lily began as a volunteer dance teacher and then expanded the program into fundamental movement and hula hooping lessons.

Not only did Lavender Lily give the students an opportunity to burn off excess energy and expand their awareness of their surrounds, she also shared wellness tools and skills, that they can utilise at any time in their lives. This including breathing and relaxation techniques.

Movement challenges with hula hoops and mini bean bags were a particular hit. The programs sessions were a balanced blend of structured activities and free form movements.

Lavender Lily's enthusiastic and supportive facilitation style nurtured the children's self-esteem and self expression.

The College appreciated Lavender Lily's keen support for our school community and willingness to work within our Christian values.

Kind Regards

Matthew Hodge
Business Manager
Mountains Christian College

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