

## **Speaking from Experience**

### *What Parents Are Saying about Namaste*

**Namaste parents know first hand the profound impact the program has had on their children. When Namaste parents were asked how Namaste has affected their child's life, this is what they had to say:**

“Namaste has had a very positive impact on our lives. Because of the school's daily reinforcement of making healthy choices, we are better equipped to make those choices at home and we feel confident that we are making good choices.”

*- Julie, Namaste Parent*

“Being at Namaste makes you want to eat healthy and exercise. This is because when you are in the school you are constantly reminded of the benefits of healthy living... [My daughter] knows that she is getting a good education and a healthy body at the same time.”

*- Jeanetta, Namaste Parent*

“Namaste has affected my life in making good and healthy choices for my family... We have brought the philosophies of Namaste into our daily lives by exercising and eating healthy food at home.”

*- Brenda, Namaste Parent*

“I had problems everyday with her, getting her up. Now it's unbelievable. She wants to go to school on Saturdays!”

*- Maritiza, Namaste Parent*

“[My daughter] feels very confident when making healthy choices and in fact, spreads those values on to her friends and extended family. She now understands the importance of exercising and eating healthy and makes those decisions on her own... Also, feeling that I need to follow her example and show her that the philosophy is important, I have begun exercising alone and with her as well.”

*- Julie, Namaste Parent*

“[My child] wants to be healthy and strong. We eat healthier, more vegetables, water and portion control in everything we eat. We walk more and do yoga.”

*-Sabrina, Namaste Parent*

For information on how parents can bring Namaste's innovative health and wellness ideas into the home and their children's school, please visit

<http://namastecharterschool.org/>.

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