



PRECIOUS TIME

September 16, 2019

As the CEO of Precious Time Childcare Development center, and an educator in the early childhood field for 17 years, I have had the privilege of participating in many different personal growth and development courses, have learned from the best of the best in the industry for more than 25 years, and still I have been blown away by Dr. Troy Byer's brilliant contribution to humanity! Dr. Byer's MindologyFitness program combines science and many different modalities to teach and engage both children and adults emotional and physical coping techniques which support everyone in managing daily stress.

Given my commitment to always finding the BEST cutting-edge programs to implement in our business for the benefit of our staff, children, and community, I've been searching for many years for EXACTLY what Mindology provides for both Adults and children. I am thrilled that my search for what I believe will be the biggest contribution to our community is complete!

I hosted a MindologyFitness Kids class in my home, for my kids and their friends because I wanted these precious children to have access to all these techniques which most of us were never taught growing up. MindologyFitness teaches children how to deal with and release unwanted emotions, self-heal, gain confidence, find inner peace, stand up for oneself when needed, AND how to connect to their greatness and focus their attention on things they want for themselves and their lives (some of us adults call it manifesting). The tools gained in Mindology Fitness Kid's classes help children manage all the stress and emotions that come with being exposed to so much at school. I could NOT believe how much both my young daughters ages 7 and 10 learned from just one session! The very next morning I saw my youngest doing one of the poses she learned from the MindologyFitness class, and I asked her, "what are you doing my love?" She responded, "mommy, I am waking up my brain." That same night, my oldest daughter insisted she now learned how to access her healing powers and wanted to help heal my back pain. As I waited patiently for her to do her thing, I found her blown away saying "mommy, I feel so good and got filled with love while I was giving you healing energy." Wow, the concept of giving and receiving, felt in such a deep sense at this young an age is priceless!

Given the incredible results I witnessed in my own kids combined with the unexpected feedback I received from other elated moms in the days following the class, I knew I had to bring MindologyFitness to my childcare center ASAP. Launching this program in our Childcare Center has been the biggest gift to our Precious Time staff, children, and families. Everyone now has access to tools that not only help with releasing unwanted emotions, but also increase the entire center's wellbeing and joy! The staff moral has risen to an unprecedented level of love and harmony, even during the most challenging days. I am certain that as my staff continues to teach MindologyFitness to our daycare kids, there will be even more noticeable improvements and am excited to recommend MF to everyone!

Amazing Dr. Byer THANK YOU for all your contributions to my family as well as our Precious Time Child Development Community.

Sincerely,

Peymaneh Rothstein

Peymaneh Rothstein, CEO