



September 16, 2019

Thank you, Troy Byer for sharing your “Mindology” approach to self-healing and regulation. I found your Mindology Fitness Workshop to be a very easy yet intentional approach to the mind, body, spirit connection. As the Executive Director for the Virginia Child Care Association and having been in the field of early care and education for 25 years, I can tell you first-hand that your techniques have the power to transform any classroom, benefitting both children and teachers. I also saw how the parents were the indirect beneficiaries as well.

I believe that your “mental workout” has the ability to bring balance and calm to children. Many who suffer from daily stress and can now be equipped with mental health tools leading to a reduction in stress and an increase in self-regulation. With mental health concerns on the rise for children and adults in the United States it’s more important than ever to know about “Mindology” and how to create a healthy mental break throughs in the mind/body/spirit connection. Not only that, it’s FUN! I enjoyed my time in your class and left feeling invigorated, relaxed and pain free. Pain that was in my upper clavical was actually relieved through your meditative guidance. It’s GONE and hasn’t returned!

I will be singing your praises and sharing your “song” with my colleagues in the early childhood field. It’s imperative to get this program into the classroom and into the hands of our children supporting mental health proactively. Please reach out to me if I may be of assistance in any way. I believe in your mission and know that it will make a difference in the lives of many. So glad we had the opportunity to meet.

All My Best,
Kim Hulcher
Executive Director