

Dear sir/madam,

Here is the report of Russian group of the activities we did in our gymnasium.

After the day of action I have a feeling that we have started changing the world, starting with a small group of students. Our presentation went well in general, especially the part where students had to do yoga. Everyone was in a good mood and enjoyed the practice. Also, we did meditation that included drawing mandalas, a repetitive pattern that goes in the shape of a circle. It helps to concentrate and put your life problems into perspective. There were not any things that appeared to be more difficult than expected. Everything was according to our plan. I think that we have reached our purpose and got across the message that coping with stress is crucial. Furthermore, we ruined all the stereotypes about yoga and meditation. I feel strongly that we should keep on raising awareness about identity so that everyone gets rid of stress and finds the connection with himself or herself.

Yours faithfully,
Dzintari Kuznetsova