

# ANJALI'S NEWSLETTER



## #SPREADTHESMILE

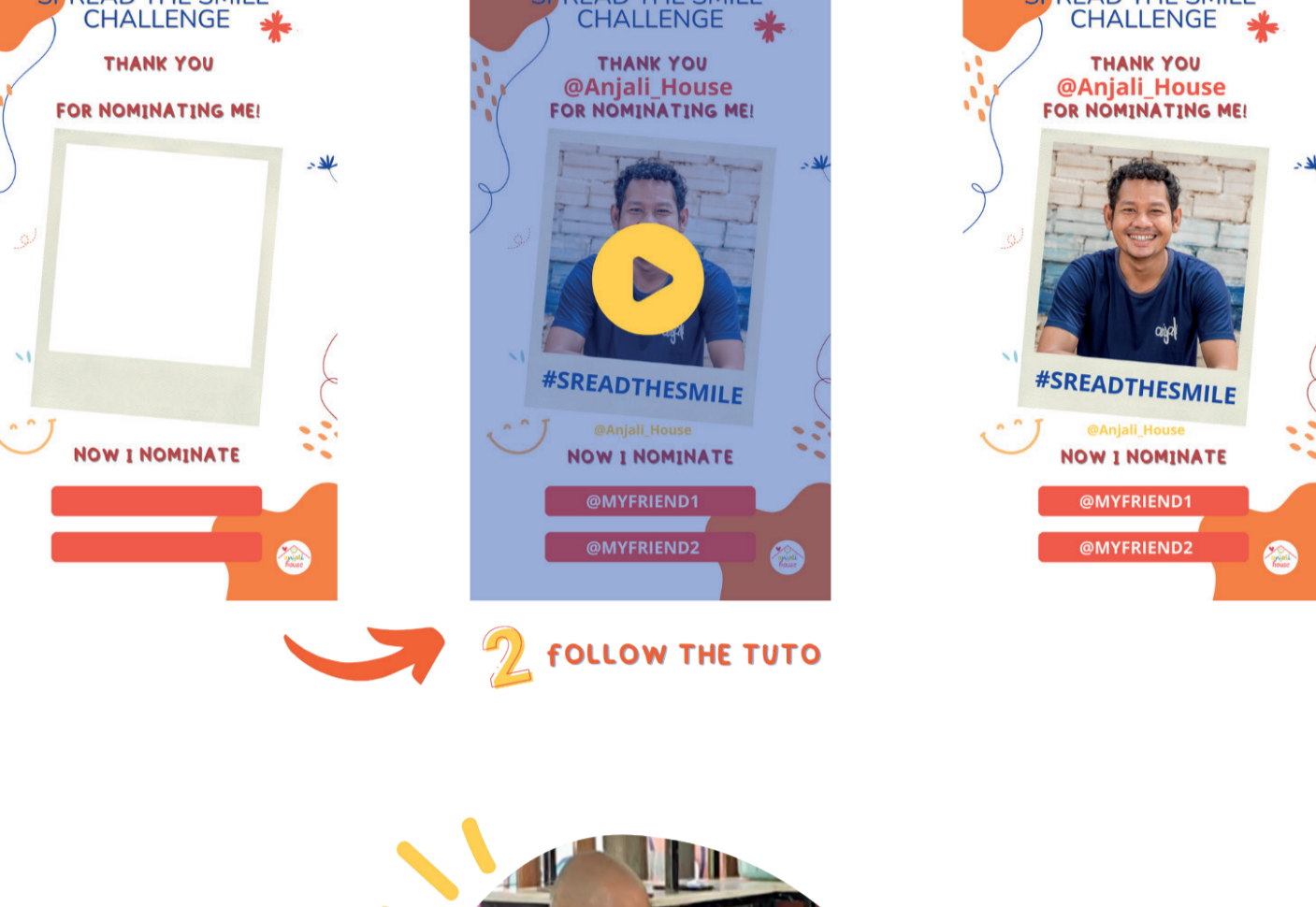
This week we launched a smile campaign called «Spread the smile». We are very proud to see the engagement of our community. We hope we can count on you to spread the Anjali spirit and publish your beautiful smiles!

What is one of the first things you notice in Cambodia? Cambodians love to smile. After such a long period of not being able to see each other's face, let's #spreadthesmile to celebrate seeing smiles again.

- How to #spreadthesmile?
- Do a screenshot of the template that you can find on our highlight story in our Instagram or below
  - Put a picture of your beautiful smile on the template
  - Nominate and tag 2 friends of you
  - And don't forget to tag @AnjaliHouse and to put the #spreadthesmile

Ready? 1, 2, 3 #SPREADTHESMILE!!!

Feel free to share it in Facebook also!



## MEET RICH!

Meet our Yoga Teacher, Rich!

We are so glad to host Rich! He is leading yoga class with our students.

The art of yoga teaches children both mental and physical skills. They learn body awareness while also learning how to manage their emotions through exercise and healthy movement. It can improve concentration and relaxation. Regular practice promotes the development of focus skills in the children.

While Computer and English are essential topics at Anjali, we love to have creative and expressive elements. These workshops encourage children to go beyond their limits, challenge themselves, and discover new talents.

«My name is Rich and I was born and raised in the United States. My family is originally from Battambang, Cambodia. I quit my job and started traveling the world a little over 8 years ago, visited multiple countries between those 8 years, and currently am in Siem Reap, this is the most I've felt at home in my life. I was spiritually called to come to Cambodia, my ancestor's homeland, and I've been going on an incredible journey of healing a lot of my past, forgiving, not only my traumas, but my ancestors, the land, and all while experiencing, and learning how to BE more and more present in this moment and trying to witness the connection and beauty of everyone and everything around me, and within me.

With Anjali House, I plan on introducing the teachings and learnings I've acquired from so many incredible teachers before me, meditation, yoga, dance, singing/chanting, connection, movement, mindfulness, awareness and breath work.

I'm looking forward to working with a younger generation of MY people at Anjali house, as they WILL be the change for our future

Yoga has changed my life so much, and I simply want to share it. Yoga isn't just about the postures, yoga means union, it's about the connection back to yourself, your true self.

A Harvard university article stated:

“Yoga and mindfulness offer psychological benefits for children as well. A growing body of research has already shown that yoga can improve focus, memory, self-esteem, academic performance, classroom behavior can even reduce anxiety and stress in children”

There's a better world...and we can create it, it starts with each individual person and it starts with our children»

Thank you for sharing your skills us!



CLICK ON IT TO LISTEN!



## PARENTS' DAY

On Friday 13 of May we hosted parent-teacher conferences to discuss different topics with the parents and the rest of the team.

Parent involvement increases student motivation to learn. It also has a positive effect on attitude and behaviors. Thus, Anjali House focuses on a consistent feedback loop between us and the parents.

This meeting is the opportunity to discuss the student's performance and study results. Our teachers could suggest some practice to be done at home with their children, they remind them of the importance to check homework completion.

For us, the participation of our parents is important for the development of our center. We are open to suggestions and feedback and we ask for it. Last time, we received a request about the creation of a workshop around nutrition and we will put it in place!

Our staff, including the social worker, spoke to our families also for issues unrelated to our studies. We want them to feel comfortable to openly discuss with any issues. We listen, advise them, and can refer them to our partners when needed. We have developed a strong network around us with various NGOs and organizations.

Every exchange is an opportunity to discover an issue that we couldn't know without.

We always try to do our best to help, value, and elevate our community. It's why Anjali House exists.



## Alumni Focus

Here is the portrait of our Sokea Alumni. It is always touching to see the evolution of a child, now grown up and independent. Sokea's journey proves that every difficulty has its solution. It is important to know how to bounce back to be open to the opportunities that life offers us.

«My name's Try Sokea. I am 26 years old. I have 7 siblings and I am the fifth child in my family, my parents have been moving to Siem Reap maybe since 2007. My home town was from Takeo Province. Because my parents want seek for job. My Father was selling Pillows, I and my brother were selling rose at the night time. So, my father my earn for income, I and brother earn some income too....»

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