



Pilar Herreros
MASTERING SERENITY

LIFE COACH, MEDITATION, PILATES,
YOGA AND REIKI TEACHER
PILARHERREROS.COM

Master in Serenity, creator of the **5 Min Relax Method**, assisting individuals and organizations internationally to restore harmony and well-being into day-to-day lives.

75TH ANNIVERSARY ARMOUR DANCE THEATRE

5818 SW 73 STREET, MIAMI, FL 33143

In collaboration with Pilar Herreros, Armour Dance Theatre (ADT) invites you to join us in spreading the message of relaxation, mindfulness, and well-being through the 5-Minute Relax Method. Together we can create a more harmonious and balanced world.

ADT's Dance as a Vehicle to Success program provides a comprehensive after-school and summer camp program for 400 children from some of the most economically disadvantaged communities in Miami Dade. **What distinguishes ADT's after-school/camp program from many others, is its emphasis on social-emotional learning and mental well-being.** The program provides a dedicated mindfulness/mental health class using a specialized curriculum and staff receive training to support positive interactions with students and families.

Over the last five years ADT started to integrate meditation practices, breathing exercises, and tapping routines into the daily structure of the program. Our staff's understanding and practice of these tools is an integral part of the initiative's success. This approach, however, is new to many of our team members who primarily come from the marginalized communities we serve, communities where mindfulness is often not a widespread practice.

Throughout the 2019-20 academic year, Pilar Herreros collaborated with our staff to offer mindfulness and self-care sessions. **The sessions offered staff the opportunity to deeply experience the mindfulness practices being used in the classroom.** This is a critical factor in their personal growth to become even more compassionate, present, and nurturing role models for the children.

Unfortunately, due to the COVID-19 pandemic, we had to pause Pilar's sessions. With her return to Miami, we are eager to recommence these sessions, but we need your help!

With your support, Pilar will again offer our dedicated staff moments of mindfulness, promoting meditation, gratitude, and positive thinking; empowering them to become exemplary models for the 400 children they impact each year.

We warmly invite you to visit our program, see its impact firsthand, and observe how your support positively transforms lives in our community.

For any inquiries or to discuss this further, please feel free to reach out to me or directly to Pilar.

Thank you for considering this opportunity.

Respectfully,

Camila Gil
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Executive Director
camila@armourdance.org

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Ms. Herreros is a gift to our organization and the families that we serve. Our employees deal with children experiencing trauma on a chronic and acute basis. Pilar has been able to help our employees understand the importance of mindfulness, providing them with practical tools to evolve their own approach to daily stressors. They can help the children and families manage the trauma in their lives. **We have seen, first hand, how the work of Pilar helps people handle difficult situations rather than being defined by them.**

Ruth Wiesen Director, Armour Dance Theatre
ruth@thomasarmouryouthballet.org

"I am surprised at how simple and practical the breathing exercises are. They are transferable across my personal and professional life. They help me be more in tune with my body; I am able to process how I'm feeling and am also able to recognize when I am stressed and pinpoint the source." | "Pilar is teaching me how to be my best self so that I can improve on how I engage with others. I am learning how to balance out my life, how to categorize my experiences and not necessarily transfer them over into other areas of my life." | "I am learning to appreciate and embrace all that life has to offer, how to stop, take a moment to think and BREATHE before I react to something." | "With Pilar's help, I'm now able to prepare mentally for my daily routines without having to be rushed or frazzled."

Testimonials from Educators of Armour Dance Theatre

I've been working with Pilar for several years now. As a busy lawyer, responsible for managing 750 other busy lawyers, I needed that! And working with Pilar, has made a tremendous difference. She is a very gifted person, with hugely positive energy and very good communications skills.

Andrew M. Smulian | Former Chairman and CEO
Akerman andrew.smulian@akerman.com