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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 help spread the message of relaxation, mindfulness, and well-being through the **5 Min Relax Method**, creating a more harmonious and balanced world.

ADT's 'Dance as a Vehicle to Success' program provides comprehensive after-school and summer camp services for 400 children from economically disadvantaged communities in Miami Dade. **What distinguishes ADT's program is its emphasis on social-emotional learning and mental well-being** using a specialized curriculum, with staff trained to support positive student and family interactions.

Over the last five years, ADT integrated meditation, breathing exercises, and tapping routines into the program. Our staff's understanding and practice of these tools is key to the initiative's success. This approach, however, is new to many of our team members who come from marginalized communities where mindfulness is not widespread.

During the 2019-20 academic year, Pilar Herreros collaborated with us to offer mindfulness sessions to staff, enhancing their ability to be compassionate and present role models. Due to the pandemic, these sessions were paused, but with Pilar's return to Miami, we are eager to restart them—with your support.

Your help will allow Pilar to once again provide staff with mindfulness moments, promoting meditation, gratitude, and positive thinking, empowering them to make a lasting impact on the 400 children they serve.

We warmly invite you to visit our program, see its impact firsthand, and observe how your support transforms lives in our community. For inquiries or further discussion, please feel free to reach out to me or Pilar.

Thank you for considering this opportunity.

Respectfully,

Camila Gil **305-667-5543**
Executive Director
camila@armourdance.org

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We invite you to join us in spreading the message of relaxation, mindfulness, and well-being through the **5 min Relax Method**.

Together, we can create a more harmonious and balanced world.



Pilar is the creator of the book "*En Ti, estés donde estés*", which within just a few hours **became an Amazon best seller** in the category of Human Development and Self-Improvement. It is a practical guide to reducing stress and living with greater harmony.

Ms. Herreros is a gift to our organization and the families we serve. She has helped our employees understand mindfulness and provided practical tools to manage stress. As a result, they can better assist children and families dealing with trauma. **We've seen how Pilar's work helps people handle difficult situations rather than be 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, and I'm now in tune with my body." | "I am able to process how I'm feeling, easily recognize when I am stressed, and pinpoint the source." | "She taught me how to be my best self so that **I can improve how I engage with others.** I am learning how to balance my life, categorize my experiences, and not transfer them into other areas of my life." | **"I'm now able to mentally prepare for my daily routines without feeling 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
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