



## Rushing to Yoga Foundation

*Strengthening Peace and Compassion in Higher Education through Integrative Inquiry*

March 4, 2013

To Whom It May Concern:

We are well aware of the growing concerns about students' well-being and their own desire to reduce their stress. In addition, we are aware of employers' concerns who demand to hire graduates who can creatively problem solve as well as embrace ambiguity. So, we collaborated with several scholars to create a course – called *Integrative Inquiry* - that is designed to reduce stress, and increase attention, focus, creative thinking, critical thinking, self-inquiry, conscious-choice making and overall well-being. Such outcomes are therefore expected to increase inner peace and self-compassion, as well as increase outward expressions of compassion and creativity within ambiguity, which result in the creation of peaceful communities.

We would be honored if you would consider looking at the attached description of the *Integrative Inquiry* course and consider bringing the course to your campus. *We believe this course is a great match for your organizational mission and we believe it will reduce students' stress, increase their critical thinking dispositions, and promote peace and compassion within higher education.* The attached document explains more about why we believe this is possible. While we are currently collecting data on its effectiveness, you can find even more research that supports the design at the foundation website – [www.rushingtoyoga.org](http://www.rushingtoyoga.org).

The investment in bringing this 16-week course to your campus in an online version for 30 students is only \$7,200 and that includes the online instructor, assessment tools to evaluate its effectiveness, and all course materials. The hybrid version and face-to-face version would include covering the additional expenses for a trained Integrative Inquiry facilitator to be on-site. We are equipped to train a facilitator that you select should he/she meet the facilitator pre-requisites or we can provide you a facilitator who is already trained. The current investment in training one facilitator that you would select is \$3,600, not including travel, food, and lodging. There are, of course, efficiencies that can be created when more students are enrolled in the course. Should you choose to adopt the course for full integration into your campus community, there are even more significant discounts found in the licensing agreement, as it is the foundation's mission to *strengthen peace and compassion within higher education.*

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Please do not hesitate to contact me if I can provide you with additional information. It would be my honor to do so. I look forward to hearing from you about whether you are interested in supporting this endeavor by bringing this course to your campus.

My best always,

A handwritten signature in black ink that reads "Marilee Bresciani". The script is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Marilee J. Bresciani, Ph.D.  
Founder and President  
Rushing to Yoga Foundation  
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