

Ladina Syder
Richmond, 7020
27th October 2023

Pure Meditation Centre
Whakatū, Nelson

I write this letter as reference for Pure Meditation Centre Whakatū, Nelson.

Paulpremanda ran a series of wellness workshops as a part of our company's wellness initiative. These workshops were open to be attended by any staff who wished to take part. Paulpremanda had a well thought out program, and shared techniques and strategies on various topics to assist staff in their daily life.

The feedback from all staff who attended the sessions was overwhelmingly positive. I have heard many examples of when techniques taught by Paulpremanda have been used at work, and outside of work by many staff including myself helping to create a calmer, more positive atmosphere for everyone.

I would highly recommend Paulpremanda and the team at Pure Meditation for any kind of wellness initiative in the workplace, Paulpremanda's calming nature has enabled him to get staff on board quickly and effectively to promote wellbeing, and healthy practices in our workplace.

Given the opportunity I will absolutely be using Pure meditation Centre's services again.

Sincerely,



Ladina Syder