

## **TEACHING REVIEWS**

Betsy Thomson came to Surprise Lake Camp for our Zen Day 2013. She led meditation sessions for over 500 campers from the age of 7 -16 throughout the day. Betsy had the campers interested and engaged even though most had never heard of the word Zen or meditation. She was able to connect with the children and guide them through their meditations in a fun and positive way. It was fascinating to see 7 year old campers eagerly participating, as well as, teenagers opening their minds and experiencing something new. Betsy was amazing and did an incredible job.

Laura Mansbach  
Program Director  
Surprise Lake Camp  
Cold Spring, NY 10516