Spirit of the Feathers

119 Tudor Place #1A
Bronx, New York

March 6, 2011

To Whom It May Concern:

I am honored to write a reference for Dr. Terri Kennedy as a speaker. She facilitated our 5th Annual Spirit of Feathers Retreat at the Mount St. Alphonsus retreat house in Poughkeepspie, New York. The non-profit organization mentors young girls and women of color who are healing in some aspect of spirit, mind and body. The theme was "Soaring to New Heights." The women received "an immersion" into the Power Living empowerment techniques, such as meditation, visualization, nutrition and stress management. Throughout the weekend, Terri shared her philosophy and spirit with the ladies and it was tremendous. We are trying to get her to come back again this year!

I also attended the Power NYC Health & Empowerment Symposium at Columbia University, which Terri hosted on behalf of the American Heart Association. She guided the entire day from start to finish. She provided an introduction, moderated the expert panel of doctors, and led a closing town hall Q&A with community members. It was very well done. I would certainly recommend Terri as a retreat facilitator, host or speaker for your next event.

Sincerely,

Zamurrad Barron

Zamurrad Barron

Events & Activities