



PATHWAYS TO PEACE

PARTNERSHIP BRINGS EMOTIONAL WELL BEING AND STRESS RELIEF TO CHILDREN AND ADULTS AROUND THE WORLD

SONOMA, CA June 8th, 2017—*7 Floors to Balance*® has formed a partnership with United Nations Peace Messenger Organization, Pathways To Peace, to fulfill a mutual and deep global calling to empower children and adults with practical, instant and easy tools to achieve peace on demand. Recognized as an answer to the need for stress relief for people of all ages in today's complex world, Avon Mattison (Founder of Pathways To Peace) selected *7 Floors to Balance*® (deemed a change-maker by participants) to be one of the organization's lead programs in its Culture of Peace Education Program (CPEP). Mattison describes *7 Floors to Balance*® as "an effective, simple, and universal program which can be easily translated into any language and delivers tangible results for both children and adults."

This innovative program was invented by yoga instructor, Tammy Lelie Skinner, who was also the former U.S. Director of Marketing for Global French television network TV5MONDE. Skinner created *7 Floors to Balance*® as an experiential program and secular solution to the emotional disarray she witnessed in children's and families lives when she became the resident Kids and Adult Yoga Instructor at the renowned Spa Solage in Napa Valley in 2009 while also holding the position of Director at Boys and Girls Clubs of Marin and Southern Sonoma Counties. Her instincts and background in marketing and media provided her a unique perspective as she began to notice in her spa clients how "emotional trigger marketing" they were exposed to constantly appeared to have had become a culprit in their disempowerment. In addition, travel both abroad and domestically across the U.S. provided Skinner a bird's eye view of the common experiences that all people (regardless of race, background and status) seemed to share, struggle with and rejoice in.

Operating with the science-based assumption that nervous system balance is the foundation for emotional balance and that the nervous system filters all our emotional experiences, Skinner decided to create a simple program that would help people of all ages and from all walks of life learn how to get "unstuck from limiting emotions". Then, from that point, they themselves could alter the emotional filter that acts as the lens from which they experience life and feel liberated knowing they have power over their thoughts and feelings and are not controlled by them. Identifying seven basic feeling "states" which correspond to energy centers in the body, as well as with endocrine glands, Skinner uses the analogy of an elevator to represent the energy that lays dormant at the seat of the spine due to children's fascination with elevator buttons. *7 Floors to Balance*® takes less than an hour to learn and helps both children and adults to identify, articulate and accept (rather than suppress) their emotions then provides them with yogic-inspired tools to immediately let go of those destructive emotions. By identifying the metaphoric floor they are emotionally "stuck on", they gain instant and practical tools to access feelings of self-compassion, creativity, empathy, self-esteem, sense of connection/cooperation with others and ultimately peace of mind and joy.

Reviewed by Child Psychologist, Dr. Jessica Hobson (Clinical Psychologist with a PhD in Child Clinical Psychology, Adjunct Professor in the Psychology and Early Childhood Studies Departments at Sonoma State University as well as Senior Research Associate at the Institute of Child Health, University College London), *7 Floors to Balance®* has been taught across various sectors including private/public schools and has proven to reduce bullying and increase emotional resilience. It has also been introduced to organizations such as Boys and Girls Clubs, Hollywood/Media groups, community workshops and as a retreat format in partnerships with TV/film star Kristin Kreuk (for teen girls) and Patrick Dempsey Center for Cancer Hope and Healing (for adults).

“Emotions should be viewed as our partners not adversaries because they often simply show us we have a need that is not being met. When people, especially parents, ask me exactly what the outcome of a *Floors to Balance®* training should be, I share with them that there is a big difference between proving you are worthy and loveable and knowing you are worthy and loveable. One of my biggest joys is seeing someone, especially a child, leave a training with that knowledge and watching their face light up as they experience their elevator quickly rising to the 7th floor. I am excited and honored that a broader audience will have access to *Floors to Balance®* through the partnership with Pathways To Peace, a visionary organization that has proven to be a leader in global Peace building for the past 34 years” exclaims Skinner.

ABOUT PATHWAYS TO PEACE

Incorporated in 1983, Pathways to Peace (PTP) is an international organization dedicated to making peace a practical reality in our world today, is an official Peace Messenger of the United Nations and has Consultative Status with the United Nations Economic and Social Council. PTP works locally and globally, inter-generationally and multi-culturally to promote Peace building, Peace education, and to collaborate with other organizations in initiatives that help further the Culture of Peace Initiative (CPI). PTP works with the UN Centre for Human Rights, UN Centre for Human Settlements, UNESCO, UNICEF, refugees and other agencies. Founder of PTP, Avon Mattison, developed CPI with then-Assistant Secretary General of the United Nations Robert Muller in 1983. The annual highlight of this initiative is the International Day of Peace (Peace Day), held annually on September 21. For more information about Pathways to Peace, please email

Tez@Pathwaystopeace.org or visit www.pathwaystopeace.org.

ABOUT TAMMY LELIE SKINNER

Tammy Lelie Skinner was the former U.S. Director of Marketing for Global French TV Network, TV5MONDE (one of the top three most wide distributed networks in the world along with CNN and MTV) and resident Kids/Adult Yoga Instructor at renowned and award-winning Napa Valley's Spa Solage; as well as an actor/writer for the non-profit theater company Peace Quest. A UCLA graduate with a degree in English and French, she spent a year studying the Phenomenology of Perception as a student at the Sorbonne in France, and has taught French at private/public schools as well as been a director of a local After School Program for grades Kindergarten-8th Grade. She is also the creator of 7 Floors to Balance®, a program which is noted for its ability to provide instant transformation and mood elevation as well as its versatility and universal use. For more information about 7 Floors to Balance®, please call 707-874-9649 or visit www.7floorsbalance.com.

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