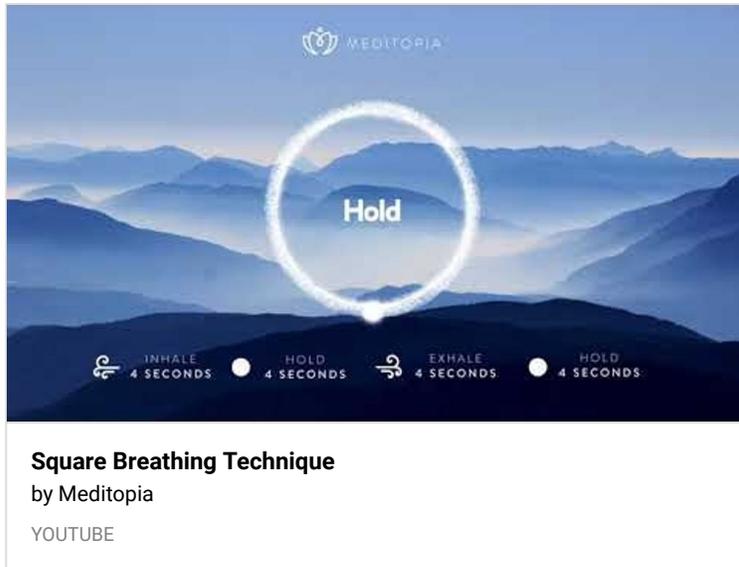


Willie Mae Wednesdays

How has Willie Mae impacted you during this year? Pandemic? What do you plan on using in the future?

Square Breathing

I learned the importance of the BREATH!



yes it really helps to ground yourself when your overwhelmed
— LESHAUN MCDANIEL

Mehak Saini

It helped me be more positive with life. With the gratitude game it gave me something to write and look at the things I am grateful for.



Irrina S.

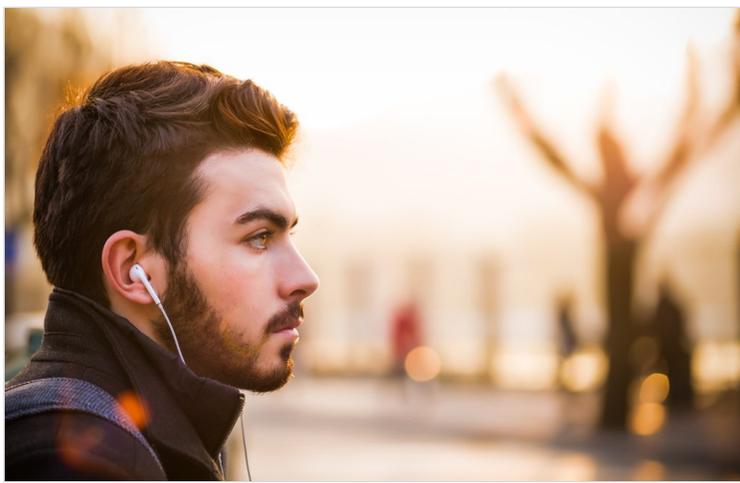
This class has let me learn to relax more. As well as be more aware of my surroundings. To learn to be patient with myself and sometimes just to listen to the world around me. This mindset is something I would like to keep up with in the future.

Destiny N

This class helped me look deeper into certain situations, especially in music. It also helped me think more into my emotions.

Mahroosh Syed

WMRC taught me to listen to the music that happened around me in mundane things and helped me learn how to leave baggage behind when I entered a new space.



Naysa Harraway

It's allowed me to realize that there is a deeper purpose to life than just working and doing things for everyone else. It's allowed me to appreciate the little things in life more often and to be grateful for the smaller things' impact and purpose in my life.

Sometimes doing things for your self is MORE important. Being selfish is NOT a bad thing. – ALEXANDER ROFF

Lena

This class has helped me develop a more positive view of certain situations.

Macy K.

This class has helped me understand the importance of positivity and helped me find ways to help me when I'm stressed or need a break.

Olivia V

It helped me see things in a more positive light. It taught me how to relax.

Emily A.

I used to be very hard on myself along with any work that I do, after having these meets I've learned to not be so hard on myself and appreciate what I'm able to do.

I have STOPPED being so hard on myself, I think the shift is that CARE is as important as hard work. – ALEXANDER ROFF

Lashaun M.

This class made me more aware of everything around me and how I treat myself. Like taking time for myself to better me and my

relationships with others.

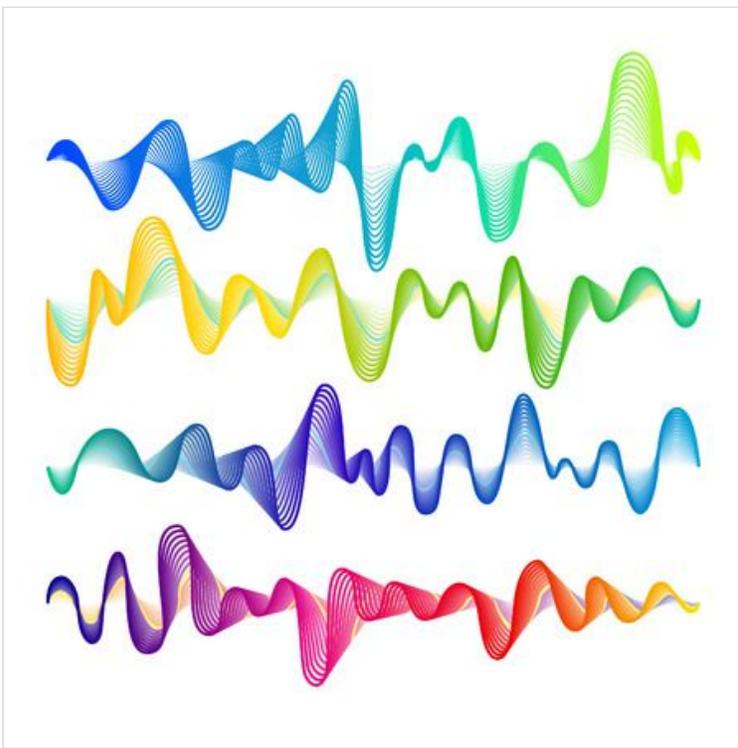
Ayani k

This class has allowed me to appreciate the elements in a song and how they impact my mood.



Destiny CS

One particular class, Lafrae taught about how frequency waves alter and influence the way people feel. I always knew that music affects people emotion, but to learn the science behind it was so cool! Now every time I listen to certain songs, I make sure to think about its frequencies and how it evokes memories. Thank you Willie Mae! <3



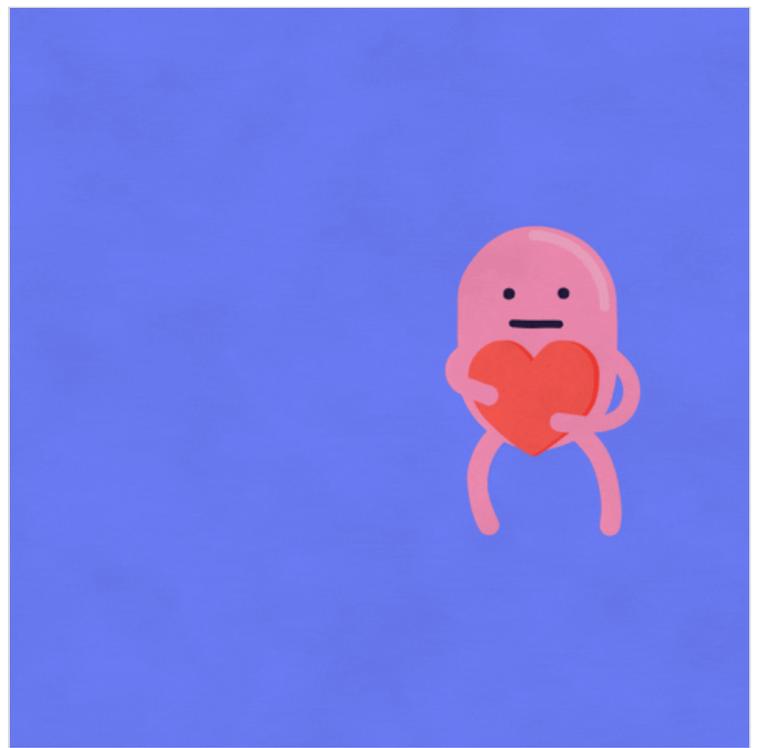
Haspia P

It has helped me to let out my feelings through creative forms. The breathing exercises also have helped me to be more calm.



Jordan C

It's created a more positive outlook out look on a lot things, especially when thinking about frequencies, I try to give off more positive vibes, and the gratitude games make me feel more grateful for a lot of things. It's also taught me to take a breather sometimes and gather myself. Yep, thanks 🙌



I have been able to understand how music aligns with emotion. How each sound can be equivalent to a new felling.

Humayra

It has helped me look at certain situations differently and let me reflect on a lot of things. I plan to use these lessons to help me look on the positive side of things in the future.

Sy'rai R.

It helped me look at certain situations and things in my life with a more positive aspect. With the frequency and gratitude lessons it gave me an eye opener and made me want to give off more positive vibes so that I can receive positive vibes. Thank you sooo much Willie Mae :)



