



FROM THE DESK OF THE MELLOW ELEPHANT

What People Are Saying...

Billy does a fantastic job showing how mindfulness and meditation can help his audience. At a meditation workshop for college baseball players, he made a clear connection to how the practice of mindfulness and meditation can help college athletes on and off the field. Many players thoroughly enjoyed the workshop and found it extremely helpful – which was a little bit of a surprise coming from college students.

Billy explains and performs these workshops in a manner that erases any skepticism around the practice of meditation. He presents in a way that is simple and understandable, yet extremely informative. We are looking forward to continuing our work with Billy to advance our athletes' performance both on and off the field.

– Brian Valeriano, Founder and CEO, Called Up Coaching

Billy's work with the WNE Baseball team has been phenomenal. There is a ton of value for our student-athletes, who have so much to navigate in their everyday lives. Billy has been able to show how mindfulness can have a direct impact on on-field performance. Especially in a sport like baseball, where failure is the nature of the game, mindfulness allows players to re-center their focus on the task at hand. As a staff, we're excited to see how our players put his teachings into practice this spring.

– Alex Loparco, Assistant Coach, Western New England Baseball

Mindfulness continues to be a 'tough sell' in the world of law enforcement, but without fail, each member of the department who sits in on one of Billy's mindfulness classes comes away less stressed and more relaxed. Billy is knowledgeable of the challenges that are specific to law enforcement, and he provides strategies that recognize and address those challenges. Perhaps most importantly, Billy is cognizant of the fact that culture shifts don't happen overnight, and he doesn't let that deter him from continuing to find innovative ways to support officers as they learn to engage in mindfulness practices.

– Emma Reilly, Mental Health and Wellness Coordinator, Easthampton Police Department

Most of the incarcerated men in Billy's classes had never been exposed to meditation before; however, Billy immediately connected with the men, as the men did with him. From Billy's explanation of 'what meditation is *not*' to how to practice meditation in an unlikely setting to switching from the mod of doing to the mode of simply 'being,' the men totally opened up, let go, and became fully immersed in the program and practice -- so much so, a dedicated meditation room was established for the men in the facility.

– Ann Marie-Balise, ABE/ASE Instructor, Hampshire County House of Corrections

Billy is an incredible Meditation Guide, who has a sincere, outgoing personality, which combined with his teaching background, allows him to connect with a class and confidently guide them through powerful meditations. Billy has a unique ability to teach people who may not ever consider meditation as an option for them.

He guides students from where they are through his own direct experience with meditation and mindfulness – making him easily relatable. Billy’s gift is guiding his students to their own path to wholeness with just the right amount of guidance and relatability and by fully listening and holding space for them.

– Andy Kelley, Owner, *The Boston Buddha*

Billy’s ‘Meditation for Educators’ Workshops was a fantastic way to end the day! The blend of information and practice was perfect. I loved hearing about Billy’s journey, the benefits of meditation, and how it fits in education. It’s a no-brainer that this should be a part of every student and teacher’s routine.

This was transformative on a personal level, but will also affect your ability to handle difficult situations, your relationships, and overall well being in and outside of school. I would strongly recommend this workshop to colleagues and friends.”

– Beth Meehan, Guidance Counselor, East Longmeadow Public Schools

I first met Billy in 2019 when he graced the SWEAT Power Yoga community with a meditation workshop. Over the years, Billy became part of our community, dropping into a yoga class every now and again. Remembering 2020 as one of the hardest times as a business owner, I spent a lot of time trying to figure out ways to keep the studio doors open and the community connected. Many times it was meditation that would come to me as a solution.

In late 2020, after what seemed like a year since we had seen each other, Billy walked back into the studio for a class. He barely finished his class when I invited him to become the SWEAT’s Lead Meditation Teacher and guide practices at the studio. There was a deep intuitive knowing that Billy’s gifts were needed, and SWEAT Power Yoga is forever grateful for his contributions and creation of what meditation can be for our students and greater community.

The work that Billy is doing is *not* easy, nor confined to a yoga studio, yet he leads with a clear mind and open heart. To be part of his journey is a great honor, and I know he will do great work in this world.

– Krystal Say, Owner, *Sweat Power Yoga*

Billy showed me that meditation *is* for everyone -- even me! Billy’s approachability immediately creates a comfortable and safe space to meditate, whether for a true beginner or a seasoned meditator. He creates an atmosphere that makes you want to come back and meditate over and over again.

– Kelly Phillips, Owner, *Totally Adaptive Fitness*

From the Mindful Community Teacher Training Graduates...

"I loved how Billy took big concepts and put them into bite sized pieces. He adds humor to lighten the mood and make the topics more digestible -- it wasn't overwhelming, it was something doable to practice on my own."

"Billy is clear, authentic, and relatable. He made what could be considered complex topics accessible and understandable, weaving humor throughout, which kept me engaged and curious to learn more."

"Billy made meditation something I see as a benefit in my day-to-day life now, and how I meditate is unique to myself. There's no right or wrong, and this program was a very positive experience, unlike my first attempt attempting to fit meditation into my daily life and routine."

"Wonderful teacher and facilitator! It's clear Billy is passionate and knowledgeable about the topics presented, which helped to create a very engaging learning environment."

Out of the Mouths of Babes... (aka Wilbraham & Monson Student Feedback.)

"Meditation has helped me stop panic attacks and anxiety. I am happy to say that I can now sleep through the night."

"[Meditation] made me want to be the best person I could be."

"This class has definitely helped me with my mental health, and I stopped self-harming four months ago."

"It's amazing that anger has become a foreign emotion to me, when I used to feel it so often."

"[Meditation] gave me something to look forward to everyday."

"Many of the males in my life have this stigma that meditation or yoga are not manly enough or strong enough, which, ironically, is quite the opposite: working on bettering yourself is strong."

"I have discovered a coping skill that I plan to utilize in the days and years to come."

"I dealt with the passing of two family friends, which was overwhelming. Usually, I would go on with my day, but instead, I took the time to meditate with my mom."

"Our community will benefit drastically from meditation."

"I became less judgemental of myself and the world, and my present self finds more joy each day without regretting the past."

"This gave me a whole new perspective and appreciation for the world around me."

"A mind-opening teacher! The best class I've taken in high school."

"I experienced fewer nightmares and sleep paralysis during my sleep cycle, and I felt fresh and enthusiastic in the morning."

"Being able to understand my emotions and be mindful of my responses has allowed me to heal my relationship with my mother."