

What we've been up to for the last six months.

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Thank you all so much for supporting us in 2015. We are looking forward to many great things at Baan Unrak.

Click a hyperlink to see more about our projects!

This past year we had several outreach performances to increase exposure and raise awareness of our efforts to spread kindness and love. In November, we performed a [Dance For Kindness](#). First, we performed our dance on Mon Bridge. Next, we went to the Saturday market and performed to raise money for food and education. The same choreography was performed in 100 cities in over 40 countries. Thousands of people worldwide celebrated kindness with us.

In November, we performed [Yoga for Kindness](#) in the center of the market. The children performed partner

We are so grateful to everyone who was able to come and see us perform. For everyone who was unable to attend, you were with us in spirit and in kindness.

On December 31st, we will begin our Meditation for Kindness campaign. The children will be sitting and meditating in the market to inspire a peaceful and loving New Year. Everyday at Baan Unrak Children's Home we meditate twice – once in the morning and once in the evening. Mindful living is an important part of our philosophy.

The meditation serves as a method to center and self-reflect. At Baan Unrak we are a big family and we spend a lot of time together. Meditation is a time for us look within ourselves for love and kindness. When we sit and

prepare for this performance. These children practice body awareness and mindfulness in order to perfect and progress these difficult yoga poses. To then perform these poses in pairs requires a high level of physical trust in not only your body, but your partner's body as well.

throughout the world.

We would like to invite you to share a few minutes of internal peace with us by meditating on December 31st. To support us more in this project please donate [here](#).

Finally, we closed out the year with a vocal performance, [Sing for Kindness](#), that we also performed in the night market. We sang the song by the band 25 Hours, accompanied by Lochoy on the guitar. It was a beautiful evening and many people were able to come out to see us.



ONGOING: Burma Project

We have begun construction on a new home and kindergarten in the village of Myai Thar Yar, located in the Karen state of Myanmar. It is called the [Dilip Kumar Dasgupta House](#). This home is built on land given to poor families by the government so that they may have a safe place to live. The home was inaugurated on July 17th and November 22nd. Twenty-seven children are now studying in the home. However, we still need learning materials and furniture for the kindergarten. Please consider making a donation [here](#) to ensure a bright future for the children and the school. Thank you from the bottom of our hearts for your support and generosity!



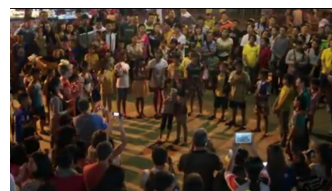
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