**Spiritually powerful**

**An escape**

**Relaxing and bonding**

**Helped to overcome eating disorder**

**Just have fun**

**Pain and anxiety reduction**

**Eat more, sleep better and study more**

**It made me really love nature**

**Slows down an overactive mind**

**Opening up your mind**

**Enhanced empathy**

**Helped to overcome eating disorder**

**Eat more, sleep better and study more**