



# The Hummingbirds Institute

DANCE YOGA MUSIC

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Inside the heart of every human being there is a hummingbird.  
Its fluttering wings are the spiritual life force within us,  
inspiring and empowering us to create.

## Testimonials



"I'm 23 years old and I have cerebral palsy. The condition causes a lot of stiffness in my muscles and I have to have therapy in order to stretch my arms and legs. When I went to The Hummingbirds School to the wheelchair dance class, it helped my body to become more loose and that makes me more comfortable. It was such an exciting place to be. It was beautiful. We had great music and everyone was smiling and laughing by the end of the session. The people in the class had different levels of disability. Some were less able than others but all of us were included and no one tried to exclude anyone from trying anything. They were very kind and supportive and respectful."

- **Fred, 23, Special Needs Director and Student**



"My husband and I are very grateful that you have founded the Hummingbirds School. Our daughter, Margaret, has always enjoyed dancing to music, and for years we had searched for a dance class for her that she could manage with her significant developmental delays. At the Hummingbirds school Margaret got the focused attention she needs to enjoy and stay focused on the movement and music."

- **Susannah, Parent**



"Our son Stephen, age 24 years, participated in Hummingbirds School yoga/dance program for the months of November to December 2005. He eagerly anticipated each class with joy and a dream of performing before an audience. It was with great sadness that we learned the school would need to close. Maher Benham's vision of The Hummingbirds School allowed Stephen to follow his dream and his spirit to soar. Her strength, passion and sensitivity is obvious to all who meet her and she made a "heart connection" with Stephen and our family. We share in her vision of opportunity for those like our son who, without a place like Hummingbirds School, would be passive observers rather than active participants. Maher's school is unique and fulfills a much desired need, The benefits obtained from her program span the spectrum physically, mentally, emotionally and socially for all ages. The creativity, enthusiasm and talent of Maher and her instructors is quickly felt by all who participate. Stephen's smile after each class said it all. We are delighted to write this letter of recommendation on behalf of Maher Benham and The Hummingbirds School. Our hope is that Stephen, and others, will once again have an opportunity to reach their dreams through Maher's vision."

- **Linda and Paul, Parents**



"We are very interested in having Dara return and enjoy her time at Hummingbirds. She never stops talking about going back to school."

- **Sadie, Parent**