

Corinne Lor

After living in Thailand for 17 years, I made a major move in mid-2006 back to Toronto. I decided to take a year off to learn new things and explore new opportunities. The transition was not smooth as I had hoped. People and places had completely changed and I felt totally out of place. My thirteen year old son was unhappy and stressed out from school and the competitive pressure from the two sports that he practices.

In the spring of 2007, I met Leslie Traill. I had a brief meditation session with her, just for curiosity I thought. There was a knowing somewhere inside me that I desperately needed to regain focus in life. I signed up for Leslie's classes on the spot and I signed up my son as well. These classes were such a gift, they helped get me back on track and regain focus and clarity.

One day, three weeks into my meditation practice, I had an epiphany that I had given my son the most powerful gift that any parent could ever give to their child: the life skills to be calm, focused, centered and balanced, the ability to be in touch with his inner self, the power to help himself achieve success and reach his peak potential. I also noticed that both my son and I were much happier.

Now when I see students under pressure and athletes stressed out, either from school, social demands and/or competitive pressure, I want to share my new found knowledge with them.

I decided to put my marketing skills to good use, and share Leslie's work with the students and athletes. My dream is to share this knowledge with as many people as possible, so that they can have these tools and 'building blocks', take less detours and start achieving their peak potential.

Warm Regards,

Corinne Lor
Founder of Building Blocks For Life