



275 Britannia Road East
Mississauga, Ontario
L4Z 2E7
Phone: 905-890-6970
Fax: 905-890-6973
GTA Phone: 416-798-7827

November 24, 2004

Reference: Mr. Lou Carcasole, Mindfulness Meditation

To Whom It May Concern:

I am pleased to offer this letter of recommendation for Mr. Lou Carcasole and the Mindfulness Based Stress Relief program he leads.

Fulton Windows sponsored two in-house eight-week sessions, over the last year. Approximately 12 staff members participated in each on a voluntary basis. We consider that the programs were extremely beneficial to the health and well-being of most of the participants and highly recommend the program.

Most participants found the program to be very interesting and beneficial. Many sensed improvements in their day-to-day stress levels. One participant reported substantial improvements with chronic high blood pressure. Others reported improvements in their personal relationships. Most found the sessions to be at once relaxing and at the same time stimulating.

To substantiate the benefits, Mr. Carcasole instituted an individually recorded monitoring system to allow individuals to tangibly track the benefits they experienced over the course of the program. The statistics showed that overall the participants perceived substantial improvements in the various quality of life aspects which were tracked.

The group sessions included many thought provoking discussions surrounding the nature and benefits of the practice of meditation. Lou used some excellent videotapes and weaved in many colorful and moving stories of his experiences and challenges – all in an effort to reach his students and encourage them in their practice. He is an excellent teacher and mentor. He cares about his students and has devoted himself to helping them on a personal level.

I highly recommend Mr. Lou Carcasole as an excellent resource leader in this important wellness practice. Please do not hesitate to contact me if you wish to discuss this further or need more information.

Sincerely Yours,

Bob Fulton
Vice-President, Fulton Windows