

Dear DKG Icelanders:

You were so warm and welcoming.

You whisked the wind off my freezing face,

And melted the ice off my cheeks with your radiant smiles.

You made my heart dance with your kind considerations.

And the night was inspired by cheery, colourful chatter and camaraderie.

You made my spirit sing!

Guten Tag from 35,000 feet

Thank you for the wonderful experience you provided for me on my trip to Iceland. Eyglo was a wonderful tour guide and a gracious hostess in every way. Inga provided a lovely afternoon tea. Ingibjorg gave us an interesting city tour before I boarded the plane. The Conference was beautifully set out in a lovely school and I am sure the members learned a lot about multiculturalism, its positive contributions and challenges. That educators are looking after the spirit and health of the children with yoga and meditation in the classroom was exciting to hear. I will send you more information about *Mindfulness* as my time was limited with you.

All in all it was a most enjoyable time - fleeting, but something I won't forget!

