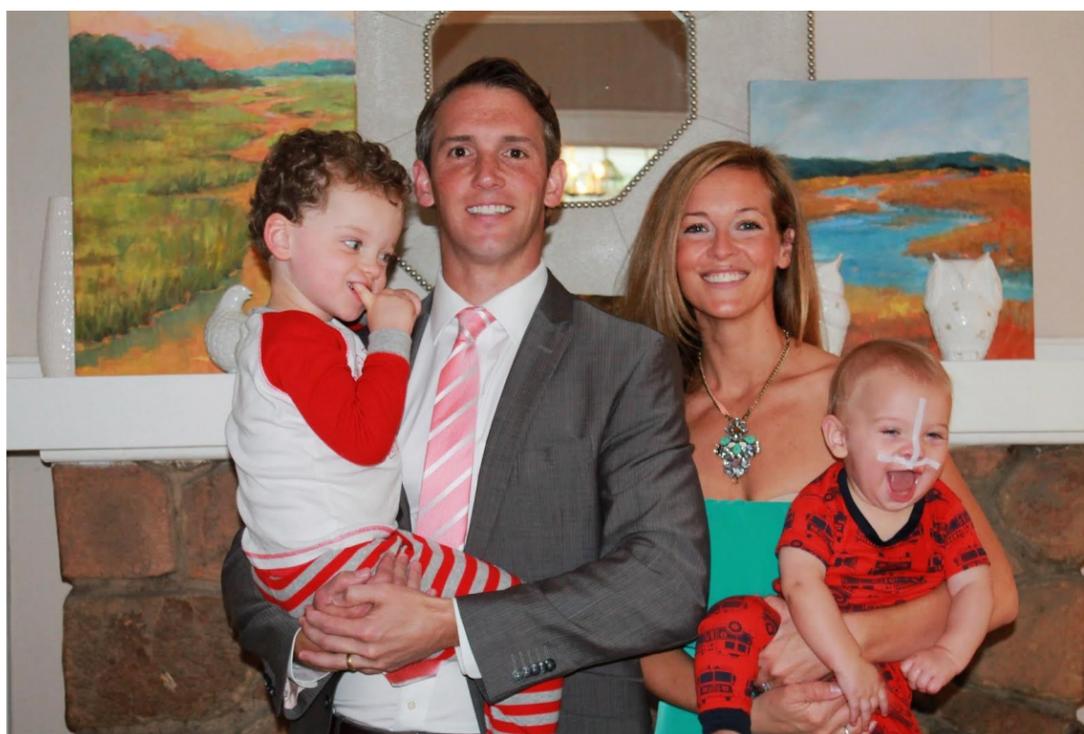


# Within these Halls



Sunday, September 8, 2013

## Hilliard Fundraiser #3!

Today was our Craniofacial Childrens Foundation Fundraiser #3!

just to tell you a little about HSM, here is the "blurb" we put on their newsletter.

### **Brooke Hall and HSM Classes Benefiting the Craniofacial Children's Charity**

*I have known Liz and Clary for 19 years now. Both are dear friends and I couldn't be happier with their success at Hilliard Studio Method! I am celebrating my son Wyatt's First Birthday with two HSM Class Fundraisers and here's why:*

*When I was 18 weeks pregnant with my second child, we found out that he had a uni-lateral cleft lip and a bi-lateral palate. Our whole world was turned upside down. I began researching and learning as much as I could to prepare for his arrival. On July 29th, 2012, our perfect son Wyatt was born! It has been a roller coaster of a year but he is the happiest, most special little boy!*

*This past March Wyatt had surgery to repair his lip, nose and soft palate.*

*Recovery at home was long and intense but two wonderful friends, knowing how much I loved HSM, purchased a gift certificate for me so I could have an hour break from time to time to focus on myself. Hilliard Studio Method became my happy place! A place that I could come into class, let all my anxieties go and think about one thing, and one thing only: my workout. My body began to change: I got stronger, leaner. I had been taking an athletic conditioning class for 3+ years and it never did for my body what HSM did over those four weeks of Wyatt's recovery. My arms became cut for the first time ever and I got chiseled abs! Now I do the DVD at least once a week, come to class as often as possible and did I mention their smoothie changed my life?! I take my blender everywhere we go now, because I can't miss my Hilliard Studio Method smoothie in the morning! I like to say I am a part of the HSM team because I tell anyone and everyone I can about them...a pimp somewhat? ;)*

*So when it came time to plan Wyatt's First Birthday Party, after all he had been through and all he has accomplished, I knew I wanted to celebrate by raising money and awareness for children less fortunate with his condition and do it in my Happy Place!*

**Please join me Saturday, September 7 at 1pm & Sunday, September 8 at 12 noon for HSM Beyond Barre Benefitting the Craniofacial Children's Foundation**

*Please email me, [bhall1027@gmail.com](mailto:bhall1027@gmail.com), to sign up for class. I ask that you give a minimum donation of \$30 for participation. Checks should be made out to the Craniofacial Children's Foundation, started by Wyatt's surgeon, Dr. Matthews, who will soon be traveling to Jordan and using collected funds to perform cleft lip and palate surgeries. \$250 covers one child.*

*Thank you to everyone at Hilliard Studio Method who has hugged me when I came in crying, who has given me an extra smile, who has prayed for Wyatt and who has gotten me into the class that has improved my life. (Oh, and watch out because one day I plan to be teaching so I can finally be an official part of HSM and not just the pimp;)) - Brooke Hall*





i got the idea of these fundraisers while taking a class at HSM. i knew that i wanted to raise money for children less fortunate than wyatt and i knew that i didn't want to have a "bar thing" to raise money because that is not "me". i love to workout and i like the fact that when donating, YOU get something out of it too- an awesome workout for an even bigger cause. you get a chance to help a child and feel strong yourself. I asked liz and clary and they were more than happy to help.....and that is where we started.



today's class was taught by the beautiful, TOUGH Liz Hilliard and it was fantastic. I am not going to lie, i had a few friends cussing at me in between moves ;)



but i liked what Liz said to motivate us "if Wyatt can go through these surgeries, we can get through these leg presses!" and you know what, it's true and i think we all pushed ourselves a little more



again, i am so thankful for the women who came out today, some even trying HSM for the first time.....i got a little emotional thanking everyone after class because each face in these rooms of these past 3 fundraisers has touched us with their kindness in some way this past year. i know i am blessed with the best friends and i will never forget it as long as i live.



wyatt playing with ashley after class ;)

last fundraiser tomorrow, i can't wait!

hope i can walk! ;)

<http://lifelovelawton.blogspot.com.au/>