**Letters from Laura**

The following is an excerpt from a letter written by Laura after 1 year of training, translated by Diane Schofield.

When I was a child I did not know what was happening to me in the legs and when I was growing up they explained that I have an illness that means I have to exercise my whole life. After years passed I needed a wheelchair. One day I met Lourdes and Charo and they told me to go to the swimming pool to do some exercises that they believed would be good for me. At the beginning, I was a little ashamed and I was nervous. But I was very, very happy afterwards. So far the results are positive. I want to win over this illness, and the pain in my back has disappeared. I’m much more animated and I keep in touch with people, and my parents are happy because they see me happy.

I’m very happy because I cannot imagine how much better I am, Mary. The effort is worth it.

Laura

Two years later, Laura wrote this letter in English, and read it to her team during a dinner in her home in Castellon, Spain.

Hi Mary,

Thank you very much for coming to my town again. I am very happy to see you. You are a very special person to me.

I like the exercises I am doing in the swimming pool and want to share with other people in my situation. What could I say about my teacher? When I am in the pool with Charo something is different for me. I want to try to do my exercises the best I can. I make a big effort and feel at peace with Charo. I feel that I am quite another person, moving in the water. I really enjoy and relax doing the water with Charo.

Anyway, I have this illness but I try to cope with it being always positive. I really want to get better and this program encourages me to carry on. I believe that dreams can become true. I feel very lucky for having Charo, Lourdes, Mary, and Diane. They are the best for me. Thanks you very much for giving me such an opportunity. I love you very much.

Laura