

# Testimonial

Karen H. Atkin, RYT, Certified Kripalu Yoga Teacher

Dear Karen:

I am writing this letter, not only to thank you, but to let you know how well I am doing since I left Florida in April.

When I came down to Naples the beginning of January, my Michigan doctor told me to find a yoga specialist immediately and start a program. As you know when you met me, I could hardly stand up straight and was in considerable pain. After coming to my home and evaluating my condition, you decided I wasn't able to start with a full yoga program, but should begin with Tai Chi walking to help my posture.

You told me you thought you could relieve my pain and have me feeling much better within eight (8) one hour and 15minute sessions. Quite frankly, after all the years of pain, agony and chiropractic care I'd been through, I was extremely skeptical. But...I did want to follow my Michigan doctor's instructions.

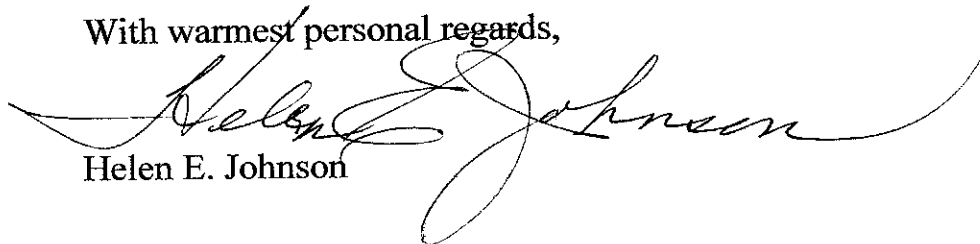
After two sessions, the constant pain was gone! My posture had definitely improved; everything was improving. In four sessions, you began integrating yoga postures to strengthen me. Needless to say by the time I went back home the end of April, I was in great shape! I had not needed chiropractic care or therapeutic massage the entire winter. Unbelievable!! Particularly since I was use to having once a week treatments with both.

It is now the end of June and I'm still in great shape, without excessive chiropractic care!

I'll be coming back to Naples in July and can hardly wait for another class.

Thank you again for helping an "old lady feel normal again.

With warmest personal regards,



Helen E. Johnson