

May 13, 2013

Karen has been working with my grandfather for more than a year now. She comes to his home twice a week. His balance and posture have improved. He no longer uses his walker. He has more energy after his yoga session.

Karen makes yoga fun as well. He also enjoys her company. Karen has such a positive influence on my grandfather. Her smile lights up the room when she walks in. She is very kind and patient and still doesn't take no for an answer when he doesn't think he's up for it that day. Knowing he always feels better afterwards.

I would recommend Karen to anyone who wants to improve their balance, strength and wellbeing. You are never too old to practice yoga!

My grandfather just turned 98 in May.

Karen, thanks for all you've done to improve Bill's life!

Steve Marx