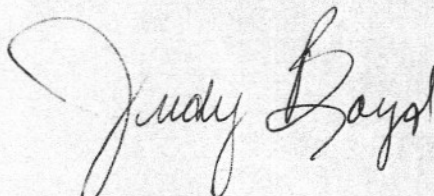


September 10, 1990

I am a professional working pianist who averages 31 hours of playing piano per week. Because of this strenuous routine of constant repetitive motion for my hands, I have experienced bouts of carpal tunnel syndrome and tendonitis (tendonitis in particular). During this last episode I was waking up in the middle of the night, my right hand throbbing with pain. Obviously the best cure is a break from playing but this is not always possible.

I attend classes at the Colorado School of Yoga and mentioned my problem to instructor Claudia Kuhns. I then had the good fortune of receiving a private lesson from Claudia. I was given a series of yoga exercises specifically designed to open and strengthen the muscles in my hands, wrists, arms, shoulders and upper torso. After the first session I experienced a great deal of relief. I then continued practicing the exercises daily at home, along with soaking my hands in hot mineral baths.

At this present time I am happy to report that the pain is gone completely. I am grateful for the knowledge of these exercises and highly recommend Claudia Kuhns as instructor/yoga therapist. Hopefully these exercises will be passed on to others who have similar problems so that they too may share in the benefits. The key is practice and repetition.

A handwritten signature in cursive script that reads "Judy Boyd".

Judy Boyd

