

Sept. 1, 2010

Dear Claudia,

I have been taking Yoga from you for 14 years. I started because at age 50 my lower back was in such pain after skiing, golf, and yard work that I sometimes had to stay in bed for days.

I recently completed a flagstone patio (over one ton of stone), and over that week I never had any back pain, even the next morning. I didn't even have to take Advil!

This is just one example of the benefits that Yoga and your instruction have given me. I feel like I am in better shape at age 66 than when I started at age 50.

Thank you.

Your friend and student,
Lou Swiatek