



soundyogastudio

Dear Colleen,

Many positive comments were overheard from attendees about your presentation at Senior Congress last Wednesday! Thank you, on behalf of the planning committee and all attendees who benefited from your comments and instruction in the yoga exercises that you led.

I was especially pleased when a man who has never participated in yoga or similar activities, and said prior to the event that he didn't really like the idea of it being a part of Senior Congress, commented on how relaxed he felt afterward. Kudos! You have opened the minds of many to a form of fitness that does not relate to sports or gym-type exercises. And, hopefully, you were pleased by the turnout (most of the 300 chairs were filled) and participation in your portion of the program.

Thank you for agreeing to be a part of the program. Please thank Paulette for referring you to us. And I hope that you and yogaworks.com will gain some new followers. I enjoyed meeting you, and I wish that time would have permitted me to talk with you more.

Gratefully,

Carolyn Kopp, MS, CMC
Family Consultant, Gerontologist
Member, Senior Congress Planning Committee 2009
Thousand Oaks, CA