

- There is not unit of measurement for what this class, and these women, have done for my journey. I am forever grateful for this opportunity to grow mentally and spiritually. There is no comparison for all that this brings to all of us.

Thank you for making this happen, month in and month out. God bless all of you. Namaste!

- Kyle Johnson

Dear Pamela :

Just sharing some gratitude from one of our Living Yoga students who appreciates the classes you make possible.

Thank you!