

October 22, 2009

To whom it may concern,

My name is Angela and this is the second letter that I write to you.

Back in 2007, while my MS was still very tough and not yet under control and while I was having one relapse after another, I was doing my very best to participate in the wonderful Yoga class that your chapter offers to the people that have Multiple Sclerosis at the YMCA.

While being quite sick and having difficulty moving, I always found a sense of peace and tranquility every time my husband would bring me to the Yoga class.

The first time I wrote you, was to ask if it was possible to have a fourth class a month because I felt that it was important for every single MS patient present at Yoga to have such a great and natural way to help their bodies against the many symptoms of our disease. This time, I am writing you because I would like to thank you from the bottom of my heart for the caring response to my request.

That was more than a year ago and I have to praise you for answering quickly and promptly to my request and for understanding the importance of such a healing practice that betters the lives of MS people.

The second reason why I chose to write this letter is because I have a very special person that I would like to tell you about.

Her name is Penny and she is the Yoga teacher.

I don't know what I would do without her and I feel that everyone in the class feels the same way.

Penny loves what she does and you can see this in her actions and her words. She soothes us with her gentle and calming voice and she supports us in more ways that we can count.

Her help covers all aspects of our health. She is always willing to find new ways to better deal with our difficulties and our challenges and she listens to our needs and our requests. Every word she uses is positive, supportive and filled with compassion and understanding.

She is always ready to listen and willing to help.

Penny simply loves what she does and you can see it and you can feel it just by walking in the room, welcomed by her bright and spontaneous smile that makes you feel comfortable from the start.

No matter how many yoga classes I miss because of relapses or other reasons, I always feel welcome to return and get right back into the world of joy, health and support that she offers us.

I feel that Penny was able to create not just a wonderful yoga class and environment, but she created the best support group ever! Where people feel free to talk, open themselves up and share experiences, hopes and dreams. And the most wonderful part of all is that not everything is about MS, but we are able, somehow, to leave some of that home and create a world that includes a lot more than just our disease.

I would like to thank you again for giving us the opportunity to have the Yoga class and for having Penny as our Yoga teacher.

I am sure that I speak for all of the members of the class when I say that Penny is what we all needed to better care for our bodies, our minds and our souls.

And I thank you all for understanding the power of Yoga and for helping us heal from the inside out.

Sincerely,

Angela