

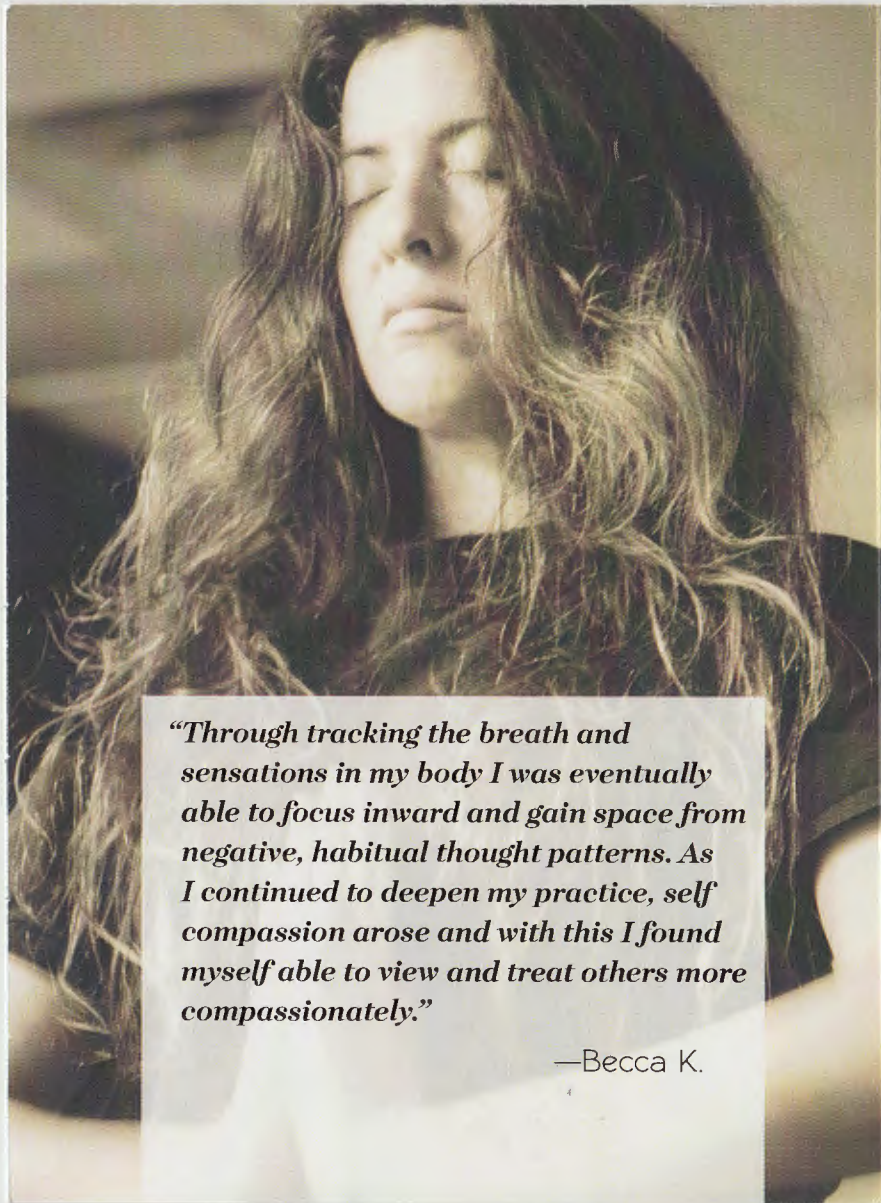


Thank You
for Saying Yes To Love



"You can't punish someone into wellness. You can only love them. And when you do, it's like watching a flower blossom"

—LY teacher, Anna Marti



“Through tracking the breath and sensations in my body I was eventually able to focus inward and gain space from negative, habitual thought patterns. As I continued to deepen my practice, self compassion arose and with this I found myself able to view and treat others more compassionately.”

—Becca K.

Dear Pam,

Love. It's powerful medicine. It's a guiding force in every Living Yoga class. In fact, it's one of our core beliefs that people can make positive change with just a little encouragement, love and support.

And each day, because of you, our teachers show up and provide loving support where it's badly needed. Because you care, our students whose lives have been shaped by trauma, violence, and addiction are reminded that they matter, they are loved and cared for, and that there are people (like you) who continue to invest in their success.

Thank you for your generosity that allows our classes and our students to thrive. And thank you for loving our community into wellness!

Thank You
So much for
all your great
support Pam!

With gratitude,
Michael Fajth, Executive Director