



Living Yoga

Thank you

for being a

Roots

Monthly Donor

Dear Pamela,

Because of your ongoing support as a Roots Monthly Donor, Living Yoga continues to heal trauma, one soul at a time. Each month we are blessed by your generosity & commitment which brings healing to vulnerable youth and adults at a critical and transitional time in their lives. You play a crucial role in this healing!

I am grateful for the opportunity to join the passionate Living Yoga Community as the new Executive Director! I look forward to connecting with you soon.

Namaste, Jan

"Yoga has helped me find my inner-self, strength, and flexibility.

Thank you very much for having this program, it has changed my life".

- Living Yoga Student -