

TESTIMONIALS ON SERVICE/SEVA

January 16, 2012 - MLK "Dare to Dream Program by Yoga of Devotion"

angela, thank you for giving me (and all of us) an opportunity to celebrate the legacy of Dr. King in such a beautiful way! loved the flow! blessings, margaret

Dear Angela, I had a lovely time today and learned that showing up makes a difference. Thank you for sharing the dream of a world awake and that works for everyone. All of us are one. The god in me sees the god in you.
Om shanti....xoxo, CC :)

I was very Happy to help you, Angela...the MLK Yoga sessions were a True Blessing for My Heart - Cassidy, SF

Hello, Angela!

Just a note of thanks for what you did this year! I heard from an involved parent who stated that you were absolutely amazing, and they readily assumed that you were going to be back in 2013 and beyond!

I would like to speak with you about some of your ideas, as we are making a much larger and concerted push for many more children (we had well over 200 that participated this year). In our meeting with the Children's Creativity Museum, we are planning now to structure a full free day for the venue, and I would like your input on planning and modeling 2013 and beyond! Aaron Grizzel, Event Director & PR

October 2011

Mostly all my clients who call me for tech support here at MindBody Software are all about the numbers - the "Bottom Line". You, are clearly not. You should be proud of what you have accomplished and what you do as a Yoga Non-profit. I bet you sleep real good a night! It's been a pleasure helping you. Scott Baily, MindBodyOnline.com Team

Namaste Angela

Thank you for your email. It was wonderful to hear you speak of the work you do and how others can find ways to do seva in their lives. I can see that the divine is working through you in the work you do. Om Namo Sivah, Veena- Sivananda Yoga SF - Easter 2011

Angels:

I'm so glad that the money we donated is put into good use. I'm proud of what you're doing. You are my inspiration. Autumn Chens City Attorney's Office, San Francisco - March 2011

That is so awesome. The machines are beautiful. I'm gonna spread the word on Facebook. Thank you for all you do :)
Mary Cabarles, MSW, ASW - City and County of San Francisco - March 2011

Re: B&G usa culture club winning program:

congrats! congrats! the kids i met were absoulutely beautiful and brilliant. no wonder you won. they are often brought up, especially when i do a workshop. seems like the children are ready to step it up and get on with this new consciousness. they really will change the world more than ever. Robert Max, Los Angeles - May 2010

Dear Angela,

Thank you so much for sharing these pictures with us!

It is great to see the wonderful results of your charity tour and it is wonderful to know that there are people like you in this world! This gives me a lot of good motivation!

Having yoga with you was such a great experience there was so much spirit, unforced power, dedication and even more in it -which is difficult for me to describe it in English...


And my family and I we love your DVD :)) All the best and many regards from Dubai

Violeta* February 2011

It is all of us who will be so blessed by the presence and contribution of your Essence, your Divine Energy, Your Purity and Grace, your Courage and Strength, your Compassion and Joy - these - all of these gifts that you so fully embody - will be a Blessing to all. Elesia Commerse – re: the Breast Cancer Video filmed for Chicago Hospitals 2007

Angela, I really appreciate your class; people are giving amazing feedback, it's causing a great impact on many peoples lives. Alex, Glide Memorial Free Community Yoga – San Francisco, August 2008

Dear Angela, thank you for blessing me with this day of Hope. All love, CC :) Yoga for Hope Volunteer & YOD Ambassador, Cindy Chang 9/2011

I'm Honored being Yoga Of Devotion Ambassador while attending the Lake Biwa (Japan) Water Blessing ... then sharing feelings from experience in writing!!
Love & Thanks For Your Gifts To The World, Mark 
Mark Tarpinian Inspired Life - <http://marktarpinian.com/>

Hello Angela:

I am so happy and proud of you going all over the world serving the disadvantage,praise be to God that if every man do their part to help humanity we could totally eradicate all the basic needs of man,and you know what God has given us the ability to be able to do that. I will continually keep you lifted up in prayer as well as you travel all over the world being a disciple for Christ and sharing his love and mercy to others,take care and hope to see you soon. Love - Erkkie Harris Wells – Miyoharainternational.com 2/3/2011

Dear Angela Ji, Namaste

Thanksssssss; yoru email brought a big smile for me; it took me back to Dwarika hotel (in Nepal) for a while. actually true friendship is always beyond any boundary... i love to be in touch with Good people like oyu to spread out Goodwill... so les stay in touch. pls take care of yourself; pls keep up your good work... you are truly an angel !!!! you know that only NISKAM SEWA (selefless service) with deep consciousness (Pragya) can change the world...; so let's walk together; thanks.

love+peace+service

CM Yogi, Nepal

http://myown.oprah.com/audition/index.html?request=video_details&response_id=25335&promo_id=1

This lady is one of the most beautiful an spiritual souls I have ever met. Joe & I met her & her family on vacation in Hawaii over 3 years ago. She is a cancer survivor and an inspiration to those of us that know the true value of life. When times get tough (and I mean financially, medically, and emotionally) she just thinks about giving back "paying it forward". Her "Yoga of Devotion" is all for the kids of underprivileged nations. Please help me help her by clicking on the link. P.S. That's actually her on the elephant. Carol Cristiani - February 2010 -

www.AquaChill.net **Who Are YOU Drinking With ?** - AQUA CHILL Drinking Water Systems Carol@AquaChillofTucson.com - Direct Line - (520) 390-9060

Oct. 1, 2011 - Greetings Angela,

Thank you so much for participating at our 1st foster parent health fair. Your yoga moves are so relaxing & we will definitely utilize your service for other trainings or events. It was such a pleasure working w/you & we look forward to working w/you in the near future. Thanks again & have a lovely week!

Kimberlee Pitters, Public Health Nurse

Options for Recovery Training Coordinator, San Francisco, CA

TESTIMONIALS ON WORKSHOPS/RETREATS

March 19, 2012

Dear Angela

Both Emma and I have been getting all the online feedback forms from participants the last week and the response to your sessions was

overwhelming. Again I would just like to say a huge thank you for sharing your beautiful yoga with our Melbourne participants, they got so much out of it. You've touched many. Sandy Lynds.

Feb.7, 2012 - Just booked the Africa Yoga Safari

Thank you so much for your kind words, Angela. I am so blessed to have met you. Yoga has really changed my life & our African trip is going to fulfill a dream on my "bucket list" which I have had for many, many years!

With utmost gratitude,
Sandi

Feb. 4, 2012 - from workshop participant Sandy Gettys, SF
The Ayurveda Session was Amazing! Thank you Angela

Feb. 4, 2012 - Ayurveda Crash Course

The Opera Plaza Ayurveda Crash Course was REALLY, REALLY GOOD! I say it alot but its true...Angela you're a Blessing! Eva Karasik, SF

February 7, 2012 - From Nepal Retreat in 2010

Nepal was a fantastic experience and travel is always challenging.

Thank you for sharing it with us. I hope all your travels are rewarding and that you are doing so well. Namaste, Cory

12/28/2011 - Response to You Tube video presentation / Dubai

Dear Angela,

Thank you for this beautiful compilation of our time together here in Dubai. I look forward to seeing you in March! Have a blessed 2012!!!

Love, Irene - Ashtanga Teacher, Yoga Om Dubai

12/25/2011

Participant response to Green Gulch Holiday Retreat Slideshow on You Tube:

How amazing, let me know were we are going next...

Ayurveda Workshop - Dubai 12/2011

After the workshop, I start to see people differently, with more understanding and compassion, thank you my dear for opening my eyes and my heart. Amal

Hi Angela, Happy Holidays!

I wanted to let you know that I had a very enjoyable and relaxing retreat this past weekend. Thank you again...and please also say thank you to the donor as well. Without

his/her scholarship, I would not have been able to attend.
See you in 2012!! Warm regards, Connie

The comradeship amongst all of the participants was what I enjoyed best. What a phenomenal gathering of gentle, compassionate and fun souls! The added blessing of you, Angela – for your wisdom, kindness, and willingness to share your expertise. Teaching us, helping us to become our Authentic Selves....just as you are: a True, Loyal, Open, and Honest Human Being!!! I am so very grateful to be able to also call you my friend. Cassady, SF – Green Gulch Holiday Retreat 2011

I have been working with your postures and I seem to be finding my own language and interpretation coming out which was unexpected but wonderful because it is true for me then what I teach.. I am now feeling the spiritual and emotional element of my postures not just alignment and technique. My postures now seem to be easier to do, I guess I have stopped fighting the physical side of them and found a completely different approach both mentally and physically. Sarah, Dubai
4/17/2011

Hi Angela,

It was a wonderful and just right for me as my first Yoga class in my whole life. I felt so good in my heart and my body felt softer. Anonymous 2011 Australia

I have been reading the feedback forms I sent all attendees and a lot of people really loved your sessions - your name came up quite regularly with lots of warm responses! Great that you and Master Saumik will be working together too! Thank you so much for joining us - I was a pleasure and I look forward to seeing you in Melbourne! Cheers, www.evolveyogafestival.com.au
Miranda Burne, Festival Director 0457 346 130

Having yoga with you was such a great experience there was so much spirit, unforced power, dedication and even more in it -which is difficult for me to describe it in English...

And my family and I we love your DVD :))

All the best and many regards from Dubai

Violeta* February 2011

I can't wait for us to share some adventures together as we bring our gifts & talents to a bigger world stage!!! And I sooo see your book in the hands of thousands & millions to come...and they have my CD in their car player too :) Know that you've got a fan, friend & extended family sistah in me!!!

Shine on mighty goddess!!! Much love & gratitude, Faith Rivera, Long Beach, CA - Spiritual Songstress June 2008

YOD Green Gulch June Retreat 2011 - Hongmai Nguyen, SF

I enjoyed the walking meditation and restorative yoga session in the evening the best. I really slept well that night! The part of the retreat I enjoyed the least? It was too short....I wanted more!

YOD Green Gulch June Retreat 2011 - Carin Apperson, SF

The combinations of experiences was perfect and just what I needed. The yoga was wonderful, the hiking, views, reflection, time to read, relax, and think about where I am in life - all this and sharing laughter + conversation with great people was what I enjoyed the best. Angela is not only an incredible yoga instructor, but an inspiration. Her energy permeates and I feel my own potential greatly expand after being in her presence. Thank you Angela!

Hi Angela,

I wanted to thank you again for allowing me to participate in the training via Skype. It was a great experience. Overall, the sound quality was good after we got past the initial difficulties. I did occasionally experience some static, but nothing extreme. Thanks again.

Best, Hanna, Philadelphia PA - March 2010 Ambassador Training Workshop

Hanna Roos Cornell University College of Arts and Sciences

Just want you know that my vibration since our workshop continues to be higher. It has left me truly inspired. I want you to know that I am seriously considering traveling with Yoga of Devotion this summer and want to talk with you soon about possible dates and destinations. Putting all my intentions for teaching bhakti out there, living bhakti, and practicing bhakti always. Thanks for giving this life calling a name. SO MUCH LOVE. I just got home and I am having an EVENING. Thanks for the advice. Brittany Berman - San Francisco March 2010 Ambassador Training

Oct. 5, 2011

I am greatly enjoying the yoga class, after having lost touch with my inner self for years. Since returning to yoga, I have breathed easier and use yoga to reduce the multiple stresses in my life. I feel I am ready to take my yoga to a higher level. Re: Green Gulch Holiday Retreat, I can think of no better way to treat myself during the holiday season! Thanks much, and your yoga sessions continue to inspire and invigorate me --

Wendy Iwata, San Francisco Public Utilities Commission

Green Gulch Holiday Retreat 12/2011

Dear Angela, thank you for the yoga retreat and the insights that I have gained from this weekend. I am definitely incorporating more time in nature for my wellbeing and balance. At Green Gulch, I enjoyed seeing horses,

coyotes, nature, gardens and the beach. I loved the Vision Board exercise to see clearly and create my life with ease, grace and joy in 2012. You are special, you inspire me! Starting my day with yoga. Om shanti.....
See you soon. All love, CC :)

Green Gulch Holiday Retreat 2011 was my first retreat. My spirit cries out for more. I enjoyed the surroundings and the yoga practices, as well as the people that participated. David Penner, Healdsburg (wine country)

11/13/2011

Hello Angela,

I really want to meet you and pray that the day comes soon. There would be nothing as wonderful as having you in Pakistan and learning from you. The time is not favorable to take risk on inviting inspirational teachers from USA but this nation needs an over-all detox.

Please remember to bless this innocent piece of land suffering because of the ignorant bunch living on it - please bless this nation and send light here so we open our hearts to love and step out of our pettiness. Till our hearts are shrunked, we will miss the opportunity to learn n grow from unconditional people like you and miss the wonders of the vast existence.

Love, Light, Peace! With Smiles :) Duaa, PAKISTAN

Green Gulch Holiday Retreat 2011 - Lateef Franks from Los Angeles

This was my first retreat and I enjoyed connecting with people, the universe, and myself. I would not change any aspect of the retreat, it gave me the gift of connection.

Ayurveda Workshop, Dubai 12/8-10/2011

I knew about Ayurveda, having recently finished teacher training and studying in India. I was not sure if I should attend the workshop. I did and I learned soooooo much! The teachings were practical and covered many areas of everyday life that I had not learned, even in India! Irene Templeton, Yoga Om Teacher - Dubai

There is never enough time to learn about all the spiritual questions I have. I look forward to your return to Dubai in March 2012 where the learning and sharing will continue for another retreat. Amal, Yoga Om Owner - Dubai

I enjoyed the Vision Page exercise, and the Holiday Gathering with sharing of stories at the YOD Green Gulch Retreat. Peter V. - San Francisco

At Green Gulch I enjoyed getting up early at 5:30am to do the morning yoga. I also enjoyed the walk to the beach at sunset, mingling with others, and the format of getting the meals (community style large pots with first 10 minutes of silence at each meal).

TESTIMONIALS ON YOGA/ GENERAL

Dear Angela,

Now I know why I have been thinking of you so very intensely these past few weeks! Our spirits are truly connected through love and friendship, although we only spent a very brief time together a year ago at Glide. I wish you every happiness as you pursue this new path, and I hope that you will let me know your mailing address in Colorado so that I can keep in touch by regular mail from time to time also. I don't want to lose you! You are one of the special people that wander in and out of other lives on their God-given mission to spread love and positive energy. All the best to you always! I will tell my son about the book-signing. Maybe he can attend.

Yours in friendship, Marianne - Yoga Student from Glide, SF

Angela,

It is such a sad news to know that you are going back to Colorado. My heart just sinks...and I will definitely miss you... You have taught me so much mentally and physically that words just cannot describe.

Connie, SF

Dear Angela:

I'm so sad to hear the news about your relocation. Yet I'm so happy that you are following your gut feeling which we sometimes ignore. I've learned from your class not only the good Yoga postures, but also a better attitude toward life. With your advice, I coped with the changes at my job and family life. I'm sure this skill will help me dealing with any changes that will come for the rest of my life. Angela, I like you, not just because you're a good Yoga teacher, but also you have broadened my perspective of life. I'm so grateful to make a friend like you. I'll miss you for a long time.

You know where I am, call me for a tea, coffee or lunch whenever you're back to the bay area. Please remember that you will always have old friends here

in San Francisco.
Autumn Chen, SF City Attorney's Office

Dear Angela

When I first typed this email, I typed your name as Angel – and I thought that that was quite appropriate. It was wonderful to have you as a part of the festival in Melbourne – your smile, your energy and your emanation were very much appreciated. We are gearing up for a very exciting festival next year and are thrilled to have you on board. Jan. 2012 at Byron Bay!

March 3, 2012 – Melbourne Australia

It was wonderful meeting you and I look forward to hearing all about your upcoming work through Prana House it is just down the road from where I live and would love to hear of anything you may be holding there.

Much Love and light to you, beautiful Angel. I will be in touch shortly.
Dee xoxo

March 5, 2012 – Melbourne Australia

Thank you soooooo much Angela for being there for us that day. It truly was ment to be.

I am enjoying my regular yoga classes even more now with the added dimensions of Bhakti Yoga. I have viewed your DVD and after Google Mapping Telluride now have another connection, as last year in September, my family and I travelled, by car ,from Darango to Silverton then past the hot springs at Ouray before turning west and enroute back to San Francisco via Arches, Bryce, Zion and Yosemite. So I to have been drawn by those mountains. Even though I remember distinctly that I was driving at the time, I kept straining over my left shoulder to get the very last glimpse of those majestic hills dusted with the first snow of the year! How wonderful.

Lovely to hear from you and yes I will be at Prana House when you return!
love Annette

Feb. 2012

You are the best thing that has happened to me since I moved into Opera Plaza! Judie Wertheimer, San Francisco

Feb. 2012

Angela,

You are like a sister to me, you are the only one that actually “gets who I

am". You are a mentor, a friend, and I'm so grateful to have you in my life.
Maureen Bryan, London - www.thevoiceofawoman.com

Jan.5, 2012

This is my first yoga class - I do Zumba. But your yoga class took me to another place. See you next week! Daisy - City Hall Class

Angela, you are my guardian angel.....thank you so much for the guidance. regards, ryan

When you and I sat in front of Upaya by the waster basin, you were pure poetry as you described your approach to asana. I found this so healing to listen to and for those who have misconceptions about yoga or who think it may conflict with their faith, it might help them see the value of the poses in a more personal way. Elesa Commerce, Santa Fe, NM. June 2006

dearest angela, thank you so much for your beautifully inspiring yoga class at glide last saturday! you bring so much meaning to each asana that i came away with a new appreciation of yoga that i didn't know was possible, being in awe of the practice that i already am. just visited your website and am looking foward to joining a retreat sometime in the future! also, love your ebook! i will definitely be at class again on saturday and will be mindful of the depth of every asana from now on. Thank you again. blessings, margaret - San Francisco July 2008

I absolutely LOVE the slogan..."*The Black Yoga Lady!*" You do your thing girl! Way to... R E P R E S E N T! Peace and Blessings, Ros (Rosalyn Davis) - Bellflower, CA - January 2007

Yoga is in such a unique position because most research just looks at "yoga" with little importance placed on all the different forms of yoga and how it might be used for health vs. other things (like fitness, meditation, etc...) Evelyn Y. Ho, Ph.D.
Assistant Professor - Communication Studies - KA 340
University of San Francisco - 2130 Fulton Street - San Francisco, CA 94117

Angela,
Wow - I visited your site - looks great - very well organized and planned out - and \$ for an excellent cause - go girl! I will let people I know that might be interested know. Cheers!

Nicolai Bachman, Sanskrit Specialist - Santa Fe, NM - November 2009

Dear Angela, My migraines are fewer now and I sit up straighter since I've been doing yoga with you. You have helped me understand how to sit without pain and how to restore my shoulders and neck after performances for the Opera. I've submitted your name to David Glockney in hopes that you can share yoga with all of us in the SF Ballet Orchestra. You're a Blessing!
[Eva Karasik, Violinist, SF Ballet Orchestra 10/2011](#)

10/27/2011 - Hi Angela,
I just wanted to say thank you for a lovely class. I felt ... better afterwards and I had the best sleep all week. Thanks for being so encouraging. Ellen Saulnier, SF Dept. of Aging

12/18/2011

Angela, you have a tremendous ability and quality to help guide us to meaningful lives through poses, words and connection. Namaste, Christina Goette, SF.

Thanks Angela! I hope you know how AWESOME you are!
I am so blessed to know you. Carla Ovando, SF EDD 5/28/11

Angela taught at the Evolve Festival earlier this year in Sydney where she was extremely well received, I had heaps of great feedback about her sessions in both my feedback forms, and from staff and attendees on the day. A true Bhakti Yogi, Angela runs an NGO that raises money for Orphanages in India, Africa, USA, Indonesia, South America and the Himalayan Regions. Tireless in her pursuit of helping kids, I remember when Angela arrived in Sydney early in the morning, before she had access to her hotel room, I had earlier suggested that she head down to Bondi for a cafe breakfast, instead her first port-of-call was to the children's hospital, where she spent hours playing games with the kids who were patients there!
[Miranda Burns - Evolve Yoga Festival Director, Sydney Australia 9/2011](#)

Dear Angela,
Thank you for all you have done for me through your Yoga of Devotion classes at City Hall...As a middle aged man who just four months ago underwent a hip replacement I can sincerely tell you that you have rejuvenated my body, mind and spirit with your yoga teachings. Your calming, caring approach to your students during your yoga classes is nourishing, fulfilling and habit forming.. this view is apparent in the faces and demeanor's of all those who attend your sessions. Please continue sharing your precious gift of yoga to all.
Sincerely, Tomas Marrero, SF

Dear Angela, thank you so much for my massage today. I can feel more

relaxed and the sinus related symptoms are much better. I could breathe easier once I got off the table. Cindy Chang, SF 11/7/2011

Thanksgiving 2011

Angela - Thank you for introducing me to the hundred reasons to practice yoga. More power to you and your family. Marline, SF

Angela - You are the BEST! Thanks for your calm and effective yoga classes. Love Barbara Allen, SF

I thank God for you! Brenda, SF

Angela - You are absolutely inspiring. Thank you for all your love & support in our class. You're the best! Love Ramona Graham, SF EDD

Angela - We are so glad to be doing yoga with you. You give just the right balance of asana, pranayama, and savasana for starters(beginners)! Bonnie, SF

Angela - Thank you for taking the time to come teach me yoga. It is truly the highlight of my week. Have a great holiday! Love, Carla SF

TESTIMONIALS ON PRODUCTS

Hi Angela,

I just picked up perfume in the beautiful crystal bottle.

The smell is just like the one I had before and I am so happy that I could have it again. I thought I could never get it rest of my life but you brought it to me again. You are an angel who brought me happiness. Mariko Kometani, SF

Regarding Dubai Workshop Mini-Video:

Dear Angela,

I am speechless .. You left me with no words to express my gratitude and happiness ..What a great new years wish .. The best I have had in my life .. My self and my family are playing the clip over and over again .. Mimi brings the I pad and say ..mama can I watch Angela , then she press into the related clips and watch you with the children .. God bless you and bless your continues giving in this world . Your spiritual friend watched it with silent , many times .. No comments ?? Today watched it again and said , I can't wait

for Angela to come back , is she coming with her family ?? Charity told me that Abdul Rahman picture truly had an effect on her .. Lots of love from your Arab family .. You have left so much love to you in our hearts ...Hope you have had a lovely Christmas .. Merry Christmas to you and your family ..and wish you a happy new year , and wish my self to see you more in 2012 ...Lots and lots of love . Amal Al Jallaf

11/17/2011 YOD Chemo Support Audio CD
THANKS for the wonderful tape for yesterday!!! (first day of chemotherapy).
Ginny

Hi Angela,
I watched the DVD tonight. It is BEAUTIFUL!!!!
Um....You are totally a human pretzel! AMAZING! And as I watched, I was like yeah right! I can do about one third. Anyway, very pretty and PEACEFUL.
Thank you, Carla Ovando, EDD San Francisco

I'm still practicing yoga! I miss your classes and the motivation and inspiration you put into the class!! Girl, you rock!! Bernie Higgins, Former employee of San Francisco City Hall – City Hall Class

"What an honour it is for me to be part of your project". I read the text today (for the first time) and it is beautiful. The books look simply breathtaking. Keith Levit, Photographer - CANADA / INDIA 2007

Dear Angela, your energy is amazing, eye~mind~heart opening and appreciated very much. Thank you for sharing your self ** Many people are changing Well, seeing anew with you ~ Mark Tarpinian, Joy News Network – JNN, Hong Kong (regarding a posting Angela wrote on Mark's Blog Page)
Mark Tarpinian Inspired Life – <http://marktarpinian.com/> – blog page

Hi Angela,
Thanks for sending your newsletter--very interesting. Sounds like a great trip coming up--bon voyage! And such meaningfully wonderful work you're doing with your program. Arla Ertz, San Francisco City Employee Yoga Class 1/31/2011

Arla - purchased Rose Petal Honey by Hongmai 11/14/11
Sure, I'll pay for the honey online. I couldn't resist tasting it at my desk--it's heavenly! It reminds me of being in Iran, and I'm sure that rose petal flavor is plentiful in India, too. Mmm.

Hi Angela:

Thank you for sharing part of your story. Of course, I've been curious about you. You are so radiant and beautiful in class. (What do you eat?) The most impressive behavior I saw was with your kids, the few times one or the other was at class. Your calm, loving inclusion of the kids, and their amazing blending into the class was awesome. That speaks volumes to your character. You never proselytize in class, so my knowledge of your work is specific to how marvelous your class is. The more I focus on your words and my body, the better I feel for the rest of the day. Your references to the Divine in class are open and welcoming and, I think, welcomed by the class. And you're very light on spiritual matters (appropriately). Most helpful to me is your emphasis and reminders on gratitude. What a paradigm shifter gratitude is! I will definitely go to your website and find out more about your charitable work. I can't say I am seeking God through yoga, but I feel blessed during and after class/practice in a way that only happens then. I can't tell you how wonderful the class in City Hall is for all of us. First and foremost, it's easy!!! I just go to work early to make up a little extra time. I don't want to miss savasana, my favorite. I have flirted with yoga in the past, but until this easy, inexpensive class appeared, I couldn't keep it up. I think most of us need a regular class to keep the spark alive. Now I have consistently practiced over a year. And I am grateful to you, Rosemary and the Health Service for this. Thank you. Carol – SF City Employee Yoga Class 2/1/2011

Dear Angela,

Happy Valentine's Day to someone who really understands the power of love to heal! I am so blessed by our friendship. Have a wonderful trip bringing your devotion to all! **Margaret, SF**

Hi Angela,

I duly received 3 oils (Valor, Deep Relief, Tranquil) at concierge and I love them all. Thank you very much. Mariko Kometani, San Francisco Opera Plaza Yoga

I love your teaching and am starting to incorporate Yoga into my daily life. Thank you for all you do! Ramona Graham -City & County of S.F. - E.D.D.

These photos say it all! Thanks so much for sharing -you have done a wonderful job with the Torch Club and of helping members understand that giving back to the community extends far beyond the clubhouse and neighborhood. I hope the members are proud of this accomplishment
[Jennifer Berger, Boys & Girls Club Director - Marin County.](#)

Go Excelsior! Tamal Fleming, Boys & Girls Club Corporate Office
This is an amazing accomplishment!

Congratulations to YOD & the Excelsior Torch Club and thank you for your commitment and creative thinking when it comes to providing programs for our members. [Len Smolburd, Boys & Girls Club Corp. Office](#)

TESTIMONIALS ON HEALTH ISSUES

Hi Angela!!

Firstly, it was sooo great seeing you again it seems like you come into our lives when we most need you. I'm so excited that you're planning to pass by us more often. I received the helpful tips for Pitta! Thanks for that :) I'm much more conscious now about how I feel now that I know i'm a Pitta! It's helped a lot actually even for my family to understand me more, so it's been very interesting. Best, Noor - Dubai

Quote of healing:

Now let me share some good news with you -as you know I am a diabetic and have been taking two pills a day and two shots of insulin a day. I was taking all of this for the last 5 years until I received your last letter and started implementing your spiritual meditative advice. I can now report to you that I am no longer taking any pills and only 1 injection of insulin in the evening. This all happened within two weeks of taking our advice. I feel great doing your stretch exercises with spiritual meditations along with push-ups, sit-ups and fast walking. All of this has improved my physical, mental, emotional and spiritual outlook on life. Hallelujah, and thank you for being the loving person that you are. [Mr. Gregory Ward, California Men's Colony State Prison, San Luis Obispo - February, 8, 2010](#)

Angela,

So far I've achieved inner peace, tranquility, anger management, brighter daily disposition, better skin, and the ability to get out of bed. When I came to your Healing Yoga class I did not know what to expect. Anonymous - June 2010

Dear Angela,

After rehabilitation from stroke: balance improved, headaches have gone away and bending is easier! Thank you. [Vapor Room Healing Yoga Program, May 2010](#)

It's not too hard,not too easy and you are kind and friendly too! It's a perfect fit for me. Thank you. Vapor Room Healing Yoga Program, May 2010

My yoga practice has become addictive in a good way. The endorphins post session lift me up the rest of the day and into the next. I am much more flexible and in tune with my body. Your 12 week class went beyond my expectations! Vapor Room Healing Yoga Program, May 2010