

Wendy Gilliland
Simple Abundance Yoga

February 3, 2009

I am delighted to endorse Wendy's Therapeutic Yoga Class. I remember well when she first visited our Parkinson's Support Group to demonstrate therapeutic yoga. At her invitation, I put down my cane, held onto the table, and tried unsuccessfully to balance on one leg.

With that failed effort in mind, I signed up for the Therapeutic Yoga class and participated for a year and a half. I no longer need my cane. I can now balance on one leg and even hold my hands together extended over my head (this is a pose called a "tree").

Therapeutic Yoga exercises are low-stress movements designed to improve balance, coordination, and muscle control. In other words, this is exactly what we with Parkinson's Disease need.

I appreciate Wendy's willingness to conduct this class. From her own experiences, she has insight into our needs. She gently encourages us to move beyond the limits imposed upon us by our disabilities. A familiar expression in the class is "know your body; listen to it."

To all of you who are considering the Yoga class: I heartily encourage you to sign up and try it. You will, I am sure, be delighted with the results and be quite pleased with Wendy's leadership.

David A. Roberts
Retired Minister
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