

YOGI WRITINGS

Shane Barclay

Dear Alicia, Brenda, and all the Valley Yoga regulars,

I hope this letter finds you well and in good health! First off, I apologize for leaving Visalia without bidding proper adieu. The season ended rather abruptly and unexpectedly for me, so I left town for home in a hurry.

I just wanted to let you know that the sporadic hours I spent at the studio over the last six months were very special to me. Although only a half days drive apart, moving from Berkeley to Visalia was a bit of a culture shock to me. Sharing the air for ninety minutes or so with a group of like minded people who want to be calm, happy, and healthy two or three times a week gave me comfort in a new city and made my stay in Visalia much more enjoyable than it would have been without that interaction. Even though I did not become great

friends with anyone at Valley Yoga, I felt close to you all from the first day I walked in. Thank you all for being welcoming encouraging and smiling.



I just started semi regularly practicing yoga about two months before moving to Visalia, and Alicia, Brenda, and the others gave me an experience that insured that yoga will be a part of my life forever. I'm sure my level of participation will vary over time, but with you guys I learned that yoga can have a tremendous positive impact on my physical and mental health. I will be sure to never stay far from it and whenever I practice I will undoubtedly hear Brenda's specific instructions and see her incredible demos, as well as see Alicia's enthusiastic smile, interested wide eyes, and crooked arm.

THANK YOU FOR EVERYTHING!
Namaste,
Shane Barclay