

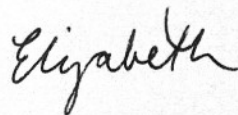
Denver, CO. 80209
March 12, 1991

Claudia Kuhns
Colorado School of Yoga
2103 E. Virginia Avenue
Denver, CO. 80209

Dear Claudia,

I just wanted to thank you for teaching me the yoga exercises for relief of carpal tunnel syndrome. As you know, I was having quite a bit of pain when I did word processing, particularly in my left wrist. The pain was severe enough that I would have to quit typing with that hand. Since I am a dentist, I was also concerned that carpal tunnel pain might interfere with my practicing dentistry in the future. I am happy to report that since learning the yoga exercises I have experienced almost complete relief from this problem and that I no longer have pain when I do word processing. I appreciate your help -- the exercises are easy to do, and they beat surgery anytime!

Sincerely,



Elizabeth Barrett, D.M.D