

Claudia Kuhns helped me a great deal with her yoga instruction. I am a classical guitarist, and I put in long hours at my instrument while sitting and playing in a specific position. This created a problem with my neck, back, wrists and hands. Claudia's expertise not only alleviated these problems, but my guitar playing is better now, and my awareness of my bodily movement is higher, so I'm more comfortable throughout the day, and perhaps have a sense of well-being I didn't have before.

I was impressed not only with Claudia's knowledge, but with her care. Whether the occasion is a basic yoga class or a carpal tunnel workshop, she always insists on knowing how we feel, and how specific poses from the week before affected us throughout the week.

I feel lucky to have her as a teacher.

Jocelyn Carrie Nelson

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