

## Testimonial

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I am writing this letter to acknowledge the extraordinary impact Iyengar yoga has had on my life and to applaud my instructor, Claudia Kuhns, who has worked with me for the last seven years. I have been a registered nurse for more than twenty years and a neuromuscular massage therapist for seventeen years. I have been extremely selective in my choice of healthcare professionals. I have had three episodes of herniating lumbar discs over a period of twenty years. These were documented by MRI. The second episode occurred while working as a registered nurse and resulted in a permanent partial disability being awarded by workers' compensation. I utilized physical therapy, massage therapy, chiropractic therapy, and acupuncture to assist healing. I worked with orthopedic surgeons, osteopaths, chiropractors, physiatrists, neurologists and neurosurgeons. I had facet joint injections, TENS therapy, oral steroids, anti-inflammatories, neurontin, narcotics. I went to psychologists, hypnotherapists, and counselors. I employed meditation and biofeedback. These are only a partial list of treatments I utilized. Much of my therapy I paid for privately. I was very motivated to have my life back.

After my third bout of herniating three vertebrae in my lumbar spine I could barely walk around the block without severe pain, I was living on narcotics and could only work a few hours per week. I was exhausted and ready to give up. I reluctantly scheduled the surgery. I had already had a dozen surgeries in my life, four on my knees alone. I was loathe to have any more. A friend told me of Claudia Kuhns and Iyengar yoga. She said her neurologist had referred her to Claudia. I decided one last modality before being "filleted like a fish" in the back surgery

When I first went to Claudia I told her I had scheduled anterior posterior spinal fusion surgery for three weeks from our first lesson. I stated that if she could convince me in three private sessions per week for the next three weeks that Iyengar yoga could offer me a path to healing I would cancel the surgery and work with her. In the next few weeks I was convinced that Claudia's knowledge of the human body, chronic pain and her tenacity to find what could work for me was worth the effort I would have to put forth.

I am thrilled to say that I never had that surgery. I am now hiking up to 6 miles, swimming as much as ½ hour, riding my bicycle occasionally, doing water aerobics and working full time as a massage therapist ! I believe I have learned so much about my body that I can avoid further surgery in my life. I practice Iyengar yoga almost everyday for ½ hour or more. When my body hurts I know what yoga asanas I need to do to diminish or alleviate pain. My understanding of Iyengar yoga has given me my life back.

My background in western medicine made me extremely skeptical of any therapies without a solid foundation in science. Claudia's vastly superior knowledge and intuitive feel for personalizing therapy has made me the "poster child" for Iyengar yoga. My body awareness has enormously improved. I will practice Iyengar yoga and go to classes with Claudia for the rest of my life. I wholeheartedly recommend Iyengar yoga and Claudia Kuhns to anyone who is willing to commit to healing themselves through the practice of yoga.