

Student Testimonial

For **fellow residents of the Palisades** who may be considering yoga sessions with Carol Collins, I'd like to offer this unsolicited testimonial. I am well into my "senior" years and had never attempted yoga until I attended one of Carol's classes a few years ago. Body flexibility diminishes with age and yoga does a great job of reversing that downward spiral. As a former college athlete and an avid tennis player, yoga has been a great way for me to extend my playing career and performance.

Here are some of the reasons I would recommend Carol's classes:

1. The atmosphere is laid back and non-competitive. Everyone proceeds at their own pace. Egos are left at the door.
2. There is plenty of personal space—unlike many of the yoga studio sessions I have looked in on over the years.
3. Aspects of yoga are definitely physical and can be a challenge at times. Again, each individual listens to their body and proceeds accordingly. Carol's classes accommodate everyone.
4. Carol does not ignore the meditative aspects of yoga. Indeed, through breathing exercises and guided self-awareness, it has become easier for me to "stay in the now" via yoga.
5. Carol's sessions are very affordable relative to other practitioners—either on a drop in basis or via multi-session discounts.
6. There is a friendly neighborhood vibe in the class, but privacy is respected.

If you are considering yoga, Carol's sessions would be an instructive and comfortable way to try it out.