

November 15 1999

TO WHOM IT MAY CONCERN

I have been attending the Working Yoga classes conducted by Ruth Estelle for three years and have found them to be very professionally run and beneficial.

I have had the opportunity to attend other yoga teachers' classes casually both in Adelaide and overseas and by comparison, and for me, Ruth Estelle offers the most individually sensitive and well structured classes.

I have been particularly impressed by her attention to the different physical approaches possible with yoga, with emphasis on adjusting poses to suit a range of fitness and other attributes for each participant.

On the ethical/spiritual side, I appreciate the way Ruth takes a subtle approach to this aspect of yoga, encouraging self awareness and reflection without preaching. I also concur with her non-competitive emphasis – a yoga tenet not always practised so clearly by its teachers.

Yoga has been a valuable anti- stress aid for me, and breathing techniques have also helped me to keep my composure and my confidence when I feel I am under pressure.

I am grateful that Ruth Estelle has been my first and continuing teacher as she has helped me to understand the difference between good and indifferent yoga teaching and the importance of approaching yoga with the right attitude.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Elizabeth Ho', with a stylized flourish at the end.

Elizabeth Ho  
BA(Hons)AALIA