

Frank J. Lilly
Certified Public Accountant

31179 SW Country View Lane
Wilsonville, Oregon 97070
T: 503-694-6173
F: 503-863-3825
C: 831-601-4898
Lilly.frank@gmail.com

January 15, 2013

After hearing Steve talk about yoga at a Tualatin Chamber of Commerce meeting, I was curious to know more. Having suffered from shoulder and neck problems for years, and receiving no relief through chiropractic, naturopathic, acupuncture, acupressure or physical therapy, I figured I had nothing to lose.

After a month of doing the yoga movements Steve taught me, and being rigorous in practicing it daily, I have a greater range of motion, less pain and better balance overall. Further, the practice leaves me with a mental clarity I would not have believed, being naturally skeptical by nature with regards to "*these types of practice*".

Consider me a believer now, and Thanks, Steve!

Frank