



## “Letter of Appreciation”

On behalf of  
THE UNITED STATES NAVY

To all who shall see these presents, greetings:  
To  
**Bikram Yoga Peoria**



Bikram Yoga Studio in Peoria, managed by Mr. Ben Tosuner has been life changing for me and my entire family. This letter of appreciation is submitted as my testimonial and deep gratitude for introducing me to a better life. My story is not uncommon. I am 52 years young, a retired Navy Lieutenant Commander with 30 years of service and a combat and disabled veteran. Too many ships to mention here, but tools of the trade encompassed steel toed shoes, steel decks, combat tour in Iraq, long periods of watch standing, improper ergonomics, herniated disks from L1 through L5 and the worse narrowing is between L5 and S1, high blood pressure, arthritis in my shoulders and high cholesterol. My workout routine has always consisted of weight lifting and running to stay fit until I discovered Bikram Yoga.

From the initial meeting with Ben, to constant mentoring by his entire staff to include his bride, my overall quality of life has improved. I measure success in improvement to my quality of life by the ease in which my flexibility has increased, my stress level has decreased and my outlook on life has changed for the better. To date, trips to the emergency room for a shot of “Toradol” for lower back pain, has completely stopped. I am no longer on cholesterol medication, my range of movement has significantly improved and my blood pressure medication has been changed 3x in the past year with a lower dosage each time. I can now carry my 10lb granddaughter in one of those baby back packs that strap on the front with ease and I can drive for more than 1 hour without having to get out of the car every 25 minutes. But my overall success does not end with me, it also encompasses my children. My 11 year old son Nathan has trouble concentrating in school, he is on medication as a result. One day, not long ago, Ben allowed Nathan to attend a few sessions and due to the nature of not talking during class, listening to the asana being described and then performing the asana with positive feedback from the instructors, Nathan said on the way home after practice that he noticed an improvement in his ability to concentrate better at school. My 10 year old daughter Alicia has also attended class and has truly enjoyed the experience, always wanting to return. On May 23<sup>rd</sup>, 2012, my session was actually interrupted because the birth of my 4<sup>th</sup> grandchild, Payton, with whom I am now raising, was occurring in Tempe. The self-confidence and improvement in our health and wellness has been epic, especially after surviving the torture chamber - you are driven to eat better and take better care of yourself.

I would be remiss if I did not also mention the civic sense of duty exhibited by Bikram Yoga Peoria. Whether it is to honor Firemen, Policemen or Military, the donations and special events hosted by the studio has gone above and beyond the call of duty. I am proud to be associated with Bikram Yoga Peoria and all that you do for the community. As I relocate my family to Laveen, Arizona, please know this – my heart will remain where my practice began. Thank you for a job well done and for always making me feel as if I am the only student at your preeminent studio. You have made a difference in the lives of my family and I am forever in your debt.

**Given this 1<sup>ST</sup> day of August, in the year of our Lord, two thousand twelve.**

*Julian H.C. Wyatt*

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