



Brooke Boon  
1401 E. Liberty Lane  
Phoenix, AZ 85048

Dear Brooke,

Horizon Presbyterian Church has been blessed to host your Holy Yoga Ministries classes for the last three years. The concept of physical worship of the Lord through prayer, breath work, and movement is a special kind of worship and one enjoyed by a number of people from our congregation. Your use of:

- devotionals and scripture readings at the beginning of class,
- constant reminders of our need to be open, both physically and spiritually, to God throughout the workout,
- contemporary, motivational Christian music, and
- recapping the devotional and a prayer at the end of class

all combine to create a meaningful and powerful communion with God.

I have practiced Yoga for a number of years and found it very helpful for relaxation, strength, and flexibility. Holy Yoga has brought a new dimension to Yoga and I leave your classes joyful as well as relaxed. I never imagined that Yoga in a Christian setting could be so powerful. I would recommend the Holy Yoga concept to any Christian who would like to combine a physical component to their worship. I hope this concept will continue to grow and I know with your dedication to training new Christian teachers for this ministry, it has a great chance of doing so.

You are a talented teacher and a witnessing Christian. Your classes encourage patience and cultivate an understanding of what God can manifest in our physical and emotional bodies.

In His name,

Sandy Castle  
Clerk of Session  
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