



April 23, 2014

It is with great pleasure that I write this recommendation on behalf of Guruatma K. Khalsa.

I have had the privilege of working with Guruatma for the past 6 years she volunteered at Covenant House - Texas, a homeless shelter for runaway and at-risk youth between the ages of 18-21. Ms. Khalsa dedicated countless hours of her time teaching our young adults Kundalini Yoga. This was beneficial because they suffer from numerous issues including abandonment, abuse and neglect.

Kundalini Yoga proved to be relaxing and fun for them, as well as the staff. I was a participant in many of her classes and personally, her practices taught me how to de-stress, focus, and relax.

I would recommend Ms. Khalsa's Kundalini Yoga classes to anyone. Guruatma is warm, caring, nonjudgmental, has a giving spirit and I'm glad to call her as a friend.

Sincerely,

Angel Wood
Volunteer Coordinator
Covenant House Texas