

Yoga to me is very important. It helps me through stressful situations, ~~and~~ calms me when I'm upset, and makes me feel like an overall better person. Yoga has made me more patient, responsible, and a nicer person. Laila has incredible children skills and knows how to act with every situation, she really gets through with them. I hope one day that I will learn as much as she does through my child studies classes, and from watching her.

Kimberly

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