

March 26, 2008

To Whom It May Concern:

Kristiva Smith came to Ivy Tech Community College in 2005 to teach Yoga and exercise classes. I started taking Yoga at this time and I try to go faithfully every week. Her expertise, friendliness and genuine caring about our physical and mental well being are demonstrated on a weekly basis.

We have done step aerobics, muscle conditioning and Yoga throughout this time. I mainly go to Yoga for stress relief from my job. On a daily basis, I use breathing and stretching techniques she has taught me to naturally cope with life.

Two years ago when we buried our father, my sister had a severe anxiety attack while we were making funeral arrangements. I brought her out of this by using the breathing techniques that Kristiva so diligently taught me. I feel my family is indebted to her for helping me save her life.

Kristiva's ability to make everyone feel very comfortable regardless of their physical abilities or mental state has been a blessing in my life as well as others. Her sincere goal of "our self improvement" is expressed at all times.

Not only has Kristiva been an excellent trainer; but she has also become a very dear friend. My life is very different with her in it and I thank God for her everyday.

Mary Pruitt