

TESTIMONIALS

DEC. 2015

DEAR ANGELA,

I JUST FINISHED READING THE Q4 MINUTES AND ONCE AGAIN EXTEND MY LOVE AND SUPPORT FOR ALL YOU DO AS YOU MAKE THE WORLD A BETTER PLACE...YOU ARE SUCH A GIFT TO US ALL...MAY YOUR HEART AND SPIRIT KEEP ON KEEPIN' ON...

Brotherly Love,

Tomas, Board Member - San Francisco, CA

December 9, 2015

Hi Angela,

Hope life is great with all the humanitarian work you are engaged in.

I miss the time we spent together. Dubai festival was one of the memorable event of my life. I got to spend time with my brother for the first time in so many years.

All thanks to you.

Do come to India/ Mumbai with your son. You have a home here.

Take care angel..

Lots of Love - Surekha, Mumbai

November 4, 2015

So great! I will definitely check that out! Thanks for bringing the much needed awareness by---doing a yoga trip! Very cool and needed!

Allie Cunningham - Telluride, CO

September 16, 2015

Dear Dada,

Thanks so much for standing with me especially in tough times. We are ever strong...standing together with green cards process and many more Kevin is in good hands. I was Talking to David and he is exited to have met you and the boys especially Kevin.

I will be exited to introduce you to Durango community when the day comes.

Asante sana..pole kwa homa.

Love you

Safari and family

September 1, 2015

Asante sana Angie,

You are more than a sister to me and i appreciate the work you are doing. God bless you abundantly. I have received and am so happy,you have made my morning and it will cater for my son's snacks for the week.

Warm regards, Peris - Nairobi, Kenya

June 12, 2015

Just stopping by to share a smile and to say THANK YOU for being SUCH a motivating force/element in my life this past year!!! :)))

Jayson B.M. Flennoy - Military US Coastguard.

March 25, 2015

Dear Angela,

As always I applaud you as YOD continues making progress in humanitarian efforts and bridging the gaps between people and their cultures..

It is truly an honor to serve as one of your board members..

Continued good fortune and success to you and all you encounter..

Sincerely,

Tomas Marrero

February 28, 2015

Dear Angel~a,

This is sooooo Beautiful !!! (meaning of names, personal numerology)

You are an AMAZING human being

Who inspires and excites me always with your passion, creativity and vision...

Thank You for sharing this and for your continued inspiration

Love

Jose - JNN Co-founder / Shanghai & Melbourne

Feb.13, 2015

Message from Maasai Tribe Father - Ngorongoro Crater

Proclamation to the tribe; "Let everyone in my boma realize that

ANGELA is real like my blood daughter and all of my children. She

needs to have a cow, a goat, and a sheep. We should have 1 cow to give

her American father. We will hold a ceremony with the whole tribe and

the elders when she comes again to Tanzania”. Message came from Leken, Tribe Spokesman.

February 6, 2015

Jambo!

Long time! hope all has been sound. Seen your newsletter and wish you all the best in the year ahead.

One thing is very clear with me,,,,,,,,,,,,, 'Your resolve to help humanity is amazing'. May God bless the work of your hands as you strive to put a smile on desperate faces this year.

My regards,

John / Nairobi, Kenya

Feb.5, 2014

Donated! (to the Art Boyz Documentary).

You're such an inspiration that I have continued my yoga practice.

Loving retirement. Congrats on your upcoming retirement!

Miss you!!

Xoxo Bernie Higgins, former City of SF Staff.

JAN.20, 2015

ANGELA,

Thank you for spending some of your life time with me and for me yesterday.

You were such an amazing host, you inspired me to reflect on almost my whole life and relive many of the beautiful moments with you.

I am very proud and blessed to meet such a smart, strong and real woman and mother. Looking forward to know more of you and do more with you :D

Nibal, Ladies Motion Fitness Dubai

January 7, 2015 - Re the Baseball & Bulletin Board Project in Africa

This Is An Absolutely BE-YOU-tiful New Year / New Moment
Gift Dear Angel~a, Thank You <3<3

I got chills seeing the trees being painted and I found myself
"naturally" taking in a BIG DEEP BREATH "right before" 3:39
(time marker in the youtube video with song) "You're The Life
That Breathes In Me" ^^^^^^

Mark Tarpinian, Joy News Network - Hong Kong

December 23, 2014

It's been a really tough year for me; deaths of loving friends & pets. I continue to draw from my inner strength & words of wisdom from you. Life goes on & I will continue to heal. Much love & hugs always, Sandi - San Francisco.

December 15, 2014

hello Angela i believe u are quite alright
i do take this humble opportunity to register my most profound
gratitude for your tireless efforts.you are such a blessing to us
that i find no suitable word sufficient enough to describe.
Wherever you are and in everything you do know that u are
always in our thoughts regardless of the formal distance.
I do believe in a phattas of God,and i suspect you are such an
aphatta for when the time shall finally come it will be said of you
that you both served God and mankind...
equally,we are fighting hard towards our dream of brighter days
without any thoughts of surrender.
Stay blessed mama. pass my regards to your family....
Ibrah - one of the ART BOYZ

December 3, 2014

Angela, is there a possibility to get a soft copy of your and Virginie's left and right
brain workshop handouts, in particular an electronic version of the questionnaire?
When I did it, I was really surprised. I read already up on left and right brain
functions before to understand about hand dominance in children, but your take
on the subject gave me a new insight in how my brain works... :)

Sonja, Abu Dhabi

November 5, 2014

Dearest Angela:

Thinking of you today & reflecting upon my "experience of a lifetime" trip to Africa 2 years ago today. I'll never forget the most inspiring trip you led! I think of you often & all of the inspiration you have provided me in leading a healthy life in body, mind & soul. I've been following you on FB & the YOD website so I keep you near me. Your work in Africa will always hold a special place in my heart. Much love & blessings always,

Sandi💕

November 4, 2015

So great! I will definitely check that out! Thanks for bringing the much needed awareness by---doing a yoga trip! Very cool and needed!
Allie Cunningham - Telluride, CO

October 28, 2014

This is a beautiful thing to read this morning!! I feel so blessed to be part of this event with some much love and light :). Sarah Giordano, Dubai.

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This is a beautiful thing to read this morning!! I feel so blessed to be part of this event with some much love and light :). Sarah Giordano, Dubai.

October 28, 2014

I'm sending reiki to the festival and all involved. Although it might feel frustrating at the moment putting it all together, but, I feel it will be a huge success 🎉

Giving birth is always challenging; it feels painful and endless, but, the miracle of holding a baby at the end of it, is worth it ❤️

Sending you heaps of Love & Light from Dubai - Thiba (Reiki Master of Dubai)

💕💕💕💕💕💕💕💕💕💕💕💕💕💕💕

October 24

Seeing all the photos/footage together was just wonderful. Brought me right back. You are one sly photographer...as I scrolled through the pix, I came across

several candid shots of me. Thank you again for all that you do and taking me with you on the trip of a lifetime.
Love ya lots, Carla, San Francisco

October 24, 2014

I truly love seeing our brushes and paints being used there (Tanzania). SO COOL! Please don't hesitate to ask again, and I'll keep you in mind as we go through inventory. Thank you, Jess Ah Haa School of the Arts - Telluride, CO

September 29, 2014

You are a special little Saint walking the earth.
Teak Elmore, Waldemar

September 29, 2014

Dear Angela,
I had some idea you would be great for this group, but I was blown away at HOW GREAT! Thank you. Until we meet again,
GeorgeAnne, Waldemar Women's Week - Hunt Texas

August 25, 2014

Hi Angela,
It was a pleasure to meet you last week in Telluride. GA has told me it looks like the Women's Week visit is going to work out. That is great news. We look forward to getting you down to our part of Texas. We are already missing your part of the world. What an amazing place!
Teak Elmore, Hunt, Texas
www.waldemar.com
www.spiritwindcreations.com (Art/Design/Build/Photography)

August 14, 2014

Dear Angela, I really appreciate what you've done for my girls this week at Kids Crossing Cultures Peru over at the Ah Haa School in Telluride. They said they enjoyed your program more than they did Telluride Academy! Thanks for a great week! Anonymous Father visiting from Texas.

August 8, 2014:

Dear Angela,
In response to your June Minutes, I must first extend kudos and tell you how impressed and proud of you I am for

obtaining your Masters Degree in International Relations & Diplomacy. You truly are an inspiration to me as you are with all the people whose lives you touch with your compassionate and philanthropic manner. With your increased knowledge you will surely make even more of an impact as you pursue the greater good with Tree Houses in Nairobi, retreats to Tanzania and Zanzibar and Annual Dubai Yoga & Music Festivals for international peace.

With the prospects of the Art Documentary filming of the Slum Art Slam being shown on PBS or HBO and the proposal to the Telluride, Colorado school district with the offer to teach multi-cultural relations and global citizenship with an element of sustainable philanthropy, these visions clearly show the heart and compassion of YOD. We hold our hands in prayer and ask that these goals be realized. It is truly an honor and privilege to serve on the board of a giving organization such as Yoga of Devotion.

Sincerely, Tomas Marrero

July 23, 2014 - Youth Workshop: Art, Mindfulness, Culture
Hi, Angela!

What a great video; thanks for sharing!! It was a treat to watch it and get a better sense of what their day was like. The girls loved watching it. Millicent, especially, has been watching it over and over again. Thanks also for the photos in the other emails; they are precious. You host a wonderful program.
All the best, Megan - Telluride, Colorado

April, 25, 2014

Wow a million times... your boys don't need to go to university to get education, the one you are giving them with your example is more than best-est! What an inspiration, just doer you are! Burj al Arab... I absolutely know what and who did you attract that made it happen. I want to learn from youuuu!!
Mashalla... I so love having you in my life!
Gloria Belendez-Ramirez, Saudi Arabia.

Hi Angela,

You are unique and trust me to choose you as my first yoga teacher from thousands and thousands of yoga teachers I know but never felt the urge to attend their free/paid classes! Sharon, Dubai

Dec.8< 2014

Angela,

Thank you so much for all that you have been doing. It means a lot to us that wonderful souls like yours are still roaming our planet. I know this project will go far and deliver good even beyond what we expect. It will make Ali very happy when it is ready.

Go full speed. Good should not wait. Hope to do more together.

Mo Gawdat , Dubai

Dec.8, 2014

We are sending this with love and light to every soul who will benefit from Ali's Treehouse, to Ali's beautiful soul and to us.

Thank you Mark and Jose for your always positive and beautiful energy which made this happen and I am sure more to come through JNN. Thank you Angela for your intentions and dedication, for everything you did and for everything you will do.

And finally a big thank you to my amazing husband who made it his life mission to do the best in order to give and share as much as he can in every way he knows.

May God bless us all with love and guidance.

Nibal Al-Gomal and Family, Dubai

Donors for “Ali’s Treehouse.....for the Art Boyz”

Dec.8, 2014

Dear Angela,

I always seem to be thinking of you very intensely several days before one of your messages comes in. There is certainly an unbreakable connection between your spirit and mine! I am always so happy to read about your success and all your adventures. You have been given a unique gift to bring inner peace and joy to the world. May you long continue on this wonderful path!

Marianne

Dec.3, 2014

You are very dear to God, I saw that when I met you for the first time. May the Lord bless you and provide for all of your needs according to his riches and glory. You are Gods' Angel alright...perfect name that you have been given as it matches you perfectly. Love you, Angel of the Lord. Jaleh Borden, Houston Texas.

December 1, 2014

Bless you, Angela, for your wonderful efforts to improve human lives throughout the world. I felt so uplifted & inspired after talking with you a few weeks ago. Blessings, love & happy holidays to you & your family, Sandi, San Francisco

October 28, 2014

Thank you dear Angela..you are really an angel on the earth..Would love to be with you in all your humanitarian work..God Bless you and give you all the strength to heal the needy souls..  lots of love to you.. Surekha, Mumbai

October 20, 2014

Angela this is great, I have already pick up the money and I'm at school right now paying the fees and will remain with 50000 Tanzanian Shillings (\$35) as pocket money. I am very much glad for ur help ANGELA !!!!! This action is Unconditional Love. Be blessed with your family and you are now a part of my Maasai family. Liken Toima, Ngorongoro Crater

October 17, 2014

It has been a real joy to read and I wanted to thank you for sharing your stories with the world. Rev Holmes and Mrs. Billie (like a BOSS) Holmes would be so proud as I am. There is something to be gained from every chapter. You have the ability to bridge cultural gaps making it easy for just about anyone to assimilate to your writing style. Much love to you! Lucky

September 18, 2014

Thank you again for the great work that you do in service to others, and please let me know if you have any thoughts or questions. If you held your first screening on November 21, then it would be the Middle East and Asian premiere of the film!

Peace and Blessings, Khashyar

Khashyar Darvich

Producer-Director

'Dalai Lama Awakening' and 'Compassion in Action'

www.DalaiLamaFilm.com

September 13, 2014

Jambo Angela,

good to see this. am so moved and inspired especially seeing what you are doing for these young men. May God bless the work of your hands. John Ombasa, Nairobi/Mukuru Slum

August 14, 2014,

Namaste Angela ji

Thank you sooo much for your nice email with such inspirational e.newsletter as always; it gives us more motivation to work more seriously and sincerely. Last week, i visited few remote districts of Nepal to promote awareness of ethics in education, the art of life, peace, wisdom for personal transformation, yoga etc; it was truly a great tour!!!! Please let us know if you plan to do any good program with Nepal too. Please accept my prayers for your sincere effort of promoting good messages at global level. please keep in touch; Namaste to all; smile...love/prayers

Chintamani Yogi, Nepal

August 14, 2014

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July 23, 2014 - Youth Workshop: Art, Mindfulness, Culture

Hi, Angela!

What a great video; thanks for sharing!! It was a treat to watch it and get a better sense of what their day was like. The girls loved watching it. Millicent, especially, has been watching it over and over again. Thanks also for the photos in the other emails; they are precious. You host a wonderful program.

All the best, Megan - Telluride, Colorado

May 23, 2014

Am always amazed at the pace at which you work and the selflessness in your spirit. May God bless you for this. Thank you for the offer to help the boys with Passports. it will be a great success for our plans. The singular activity of getting the birth certificates has ignited a lot of excitement among the boys and am very pleased. this is purely to your credit. The trip to the USA will be a BIG fulfillment, not only for the boys but also for me and my work.

Asante Sana,

John Ombasa, Diverse Generation NGO - Nairobi Kenya

April, 25, 2014

Wow a million times... your boys don't need to go to university to get education, the one you are giving them with your example is more than best-est! What an inspiration, just doer you are! Burj al Arab... I absolutely know what and who did you attract that made it happen. I want to learn from youuuu!!
Mashalla... I so love having you in my life!
Gloria Belendez-Ramirez, Saudi Arabia.

Mashalla... I so love having you in my life!. 19, 2013

After last year's safari-yoga vacation, I am pleased to say I now practice yoga every week and love it ! Robin Lee, San Jose

April, 2014 - Youtube comment

Way you go Angela. We wish that all will join you in one of your Afrika touring. We wish you to receive more than what you give (even if it is not possible as what we give to god is never more than what we receive). We wish that you accomplish everything that your heart tells you what is best for all Jiva Mukti followers. Congrats, your non-profit organisation gives and keeps giving, that is the way it is and we adore you for that :-) From Yoga Partout.

April 11, 2014

You hold a special place in our hearts, you are meant to be in our lives! Keep doing what you are doing, seeing you with those kids (At the Happiness & Yoga Festival, Abu Dhabi) you are made to do this. Your soul is so beautiful, its so transparent.
Namaste, Dharna - Dubai

March 22, 2014

Art Boyz: they received the money and were so excited. I asked them to email you and I hope they have done that. Pius also received his and the Kibera youth are also extremely excited about this. seemingly they have never imagined that such a thing is possible. You have given young people a lifeline. May God bless you for this.
John Ombasa, Nairobi NGO & YOD Partner

Dec. 16, 2013

Namaste

thank you soooo much for sharing with us the nice stories of yoga; it's always inspirational.... the stories of children r heart touching; we need to promote life changing education through Yoga... thank you sooo much for such humble service to humanity!!! The rest is fine here; our movements are also going on well in Nepal; Namaste to all; smile...

love/prayers

cm yogi

Nov. 15, 2013

The email you sent about the storms in the PPI was heartfelt..and as always, I **second that emotion**....do you think Ive been blessed by the Smokey Robinsonism? If not, I'd better "Shop Around"

thanks for putting your compassionate heart out there to all our Filipino family.....you are definitely my kind of people 😊 T.Marerro, San Francisco

Nov.12, 2013

Hi Angela – Thank you so much for your kind thoughts and concerns. Thank God my relatives and friends in the Philippines are fine. I do feel deeply saddened and pained for many of our fellow “kababayans (countrymen)” who got affected and now suffering from loss and devastation... Recovery will be long and hard, but...in God we trust... Thanks again for thinking of us and take care always, ~emeline - San Francisco City Employee

Nov.11, 2013 - Mukuru Slum, Nairobi Kenya

I want to take this opportunity to sincerely thank you for standing with George throughout the period. May God bless you abundantly. He is safely home with the Art Boyz!

Peace, John - DIGWA

October 17, 2013 - Tanzania School

Dear Angela

I believe you are doing great and your journey back home was nice. I am doing okay just up on to Mt. Kilimanjaro and today is fifth day and we are progressing very well up here the weather is nice and warm during the day time. In the night is a bit could freezing.

Before going further, I would like to wholeheartedly, without any fear of contraction, to appreciate the time you stayed with us, it was so wonderful that we wished you stayed a bit longer or forever be a part of us altogether. You might not know, but believe it, the impact you left is still fresh in our memory. The entire fraternity, ie academic staff and students highly benefits from your time, You apparently sacrificed your leisure empower our students, something very rare with the present humanity. We thank you very much for computer you brought to the school I hope it help the school kids much! The school fraternity is looking forward to seeing you again in the future.

Thank you very much.

Yours Sincerely, Edward - Maasai Joy School, Arusha Tanzania

Yoga of Devotion at

Brisbane Yoga Festival – Australia 2013

“She was my highlight as she presented an easy to follow challenging class that filled me with inspiration and confidence to accomplish the whole weekend”

October 6, 2013

OMG!!! I'm in tears...Very Happy,Heartfelt tears, Angela!!!

You don't know (or ACTUALLY YOU DO!) how much I NEEDED this Inspiration right now...Wish I could Truly wrap my arms around You &that Precious Child RIGHT NOW!!! I Love You SO VERY MUCH, And GOD BLESS You My Precious Friend!!! Your timing, once AGAIN, Is Perfect!!! I had just been having another sleepless nt, asking GOD to help Me get my Project going further ... And here you are ...XOxoxoxoxox's,

Cassady, Bay Area SF

Aug. 17, 2013 - Yoga/Cancer Event, Union Square SF

Dear Angela, thank you for inspiring me. I feel deeply connected to you and know that Spirit is using me and us for loving service to all beings who are open to receive our love and Truth. Bon voyage...home...Om shanti shalom...Abundant love and blessings, CC :)

August 12, 2013

NAMASTE!

That is really good news that Dada is back!

Edward will get back to you with a detailed response.

Karibu Sana Tanzania!

May 8, 2013 re: Handmade bracelets for Yoga of Devotion

We love you for everything thanks to you.

we are on a hurry to finish so make all your worries lie peacefully
peace be with you too. Samuel Ras and the Art Boyz from Mukuru
Slum, Nairobi

April 29, 2013 - From Maasai Joy School & Kibo Expeditions: Tanzania

Jambo Dada (Sister),

We are so glad to hear from you!

Also we are extremely happy to hear that the presentation at your church was
successful. Congratulation, you are a true Christian soldier moving forward every
step by faith and not by sight. Please know that you are behind you and you will
never ever walk alone! Kidana Lupande

April 29th, 2013

I'm honored to be on the board of YOD...and what a fabulously
compassionate organization it is..thank you for choosing me...gratitude is my
attitude! You looked marvelous at our last meeting...not sure if you are aware of
it, but you have a glowing aura about you...a light, a radiance....wow, it was
special to be in your audience..Tomas Marerro, SF

Mashalla... I so love having you in my life!. April 19, 2013

After last year's safari-yoga vacation, I am pleased to say I now practice yoga
every week and love it ! Robin Lee, San Jose

Nov. 15, 2013 - Re: Dubai Yoga & Music Fest for Int'l Peace

Thank you for being so flexible and understanding with all the changes I kept
making. I do appreciate your kindness. I look forward to giving you a big hug to
congratulate you on this initiative that you guys have taken - we're going to all
come together and make this a great success!

love and gratitude, Amrit - Miracles Studio, Dubai- UAE

November 12, 2013

From the vision board workshop in 2010, I have actually looked at that board off and on and I've been amazed at it's accuracy. Sure to see you around.

All my best,

Lisa - artist from NY

July 2013 - Brisbane Yogafest, Australia.

"She was my highlight as she presented an easy to follow challenging class that filled me with inspiration and confidence to accomplish the whole weekend",
Anonymous.

Sandhya Rajan - March 10, 2013 - Dubai

Dear Angela

Thanks so much for such a beautiful class and amazing words yesterday at Third Eye. Can't wait to go through the journey of your book.

Rainbows have been on my mind since an Abundance Meditation I did last week and if you see the photo I have attached, the rainbow swirl is perfectly surrounding your face behind you. Its like rainbows bursting out of you, that's how I felt while doing the Abundance meditation and more so after the session with you yesterday.

Truly looking forward to making it to one of your retreats. That wish is going to go in my warrior 1 basket of wishes.

July 2013 - Brisbane Yogafest, Australia.

"She was my highlight as she presented an easy to follow challenging class that filled me with inspiration and confidence to accomplish the whole weekend",
Anonymous.

Feb.14, 2013

Dear Angela, I know now that you are the reason I visited Telluride last summer. I had an x-ray done today and they found you in my heart. The doctor said if they took you out, I would die because I could not live without such an amazing friend. Mary Ned, Arkansas

Feb.13, 2013,
OM NAMAH SIVAYA
OM Angela,

I am so happy to know all is going so well with the project. Yoga of Devotion is a very worthy project and I am only grateful to the Lord that I can help. I do get emails from Swami Padma and pictures he sends to a group which I imaging is what he writes on the blog. I will sign in to follow him on the blog also in case it is something different. Yes, that picture did it to me. So beautiful. Thank you. Thank you so much for your service to the Lord. OM Shanti,
Tulasi, supporter of From Hand to Hand project in Africa

Dec. 29th, 2012
Thank you for the donation!! (Yoga of Devotion supported a teen from the 2010 Teens Crossing Cultures Program in Peru) and yes, once i went to Peru i knew i had to explore the rest of the world :) no question. This Summer i plan to go to China, and Boznia as well! When do you go to Africa? I have been reading a lot of stories about Africa and am very interested. From: Forest Fernandez - Maharishi University, Iowa

Dec. 29th, 2012
It was good to meet Angela here in Arusha, Tanzania. I used to hear about Yoga but when Angela came and taught the Maasai Joy School children about Yoga then it starts ring in my mind. Angela – your words written at the school building already sticked in my mind “I can do whatever I focus my mind on”. - Kidana, Tanzania

Dec. 4th, 2012
I just wanted to offer you my condolences in the passing of your dad. Even in grief, you remain an inspiration because you see the grace and opportunity for gratitude in event the saddest of situations. I look forward to hearing your stories from Tanzania. Much love, Bernadette

Dec.1, 2012
Dear Angela, I am very sorry to hear about the passing of your father. I am sure he was an amazing soul and is the reason for where you are today. May he rest in heavenly peace now. With love and kindess, Yogi Zain

Nov. 2012

You are a great inspiration, and I feel the group is going to learn a lot from you. We live in a very selfish world, and they will learn about true dedication, devotion, and selflessness. Swami Padmapadananda, Sivananda Yoga Centers Worldwide

Nov. 2012 Dear Angela,

Many thanks for your e-mail.

Always it is really good to hear from you and I can say that you deserve to be called "Angel" because you are bringing to the Maasai Joy School not only good news but blessings as well! God bless you and continue to give life of happiness and more blessings. I am convinced to say that, Angela you are a right person to be partner of Maasai Joy School in representing the school abroad for sharing with all people wish to donate, volunteer any anyway (teaching pupils, sports etc) or even consultation to the school team in general etc. Edward Ernest Kutingala, Headmaster - Maasai Joy School, Arusha Tanzania

October 2012

I really want to continue this journey back to myself, instead of doing whatever i've been doing to make myself become so distant. I'm starting to actually get my personality and my consciousness back as I become more intimately connected in myself.

This is the message I exactly needed to hear. Thank you so much for take the time to tune into me like you did and be the wonderful messenger that you are. Your words have been a blessing to me and I have the utmost Love for you.

Namaste, ~Gopala San Francisco

April 2012

Dear Angela,

Thank you for your message. You are so wise to follow your inner voice. I have learned to listen to my intuitions, and somehow they always guide me in the right direction. We truly could never lose our connection, as you were put on my path to be an inspiration. Whenever I think of you, I feel so glad that young people like you are moving the world forward in good ways. So many people need someone like you to show the way.

Yours in friendship, Marianne - Canada

January 16, 2012 - MLK "Dare to Dream Program by Yoga of Devotion"

angela, thank you for giving me (and all of us) an opportunity to celebrate the legacy of Dr. King in such a beautiful way! loved the flow! blessings, Margaret, San Francisco

January 16, 2012

Dear Angela, I had a lovely time today and learned that showing up makes a difference. Thank you for sharing the dream of a world awake and that works for everyone. All of us are one. The god in me sees the god in you.

Om shanti....xoxo, CC :)

January 16, 2012

I was very Happy to help you, Angela...the MLK Yoga sessions were a True Blessing for My Heart - Cassady, SF

January 16, 2012

Hello, Angela!

Just a note of thanks for what you did this year! I heard from an involved parent who stated that you were absolutely amazing, and they readily assumed that you were going to be back in 2013 and beyond!

I would like to speak with you about some of your ideas, as we are making a much larger and concerted push for many more children (we had well over 200 that participated this year). In our meeting with the Children's Creativity Museum, we are planning now to structure a full free day for the venue, and I would like your input on planning and modeling 2013 and beyond! Aaron Grizzel, Event Director & PR - San Francisco

Dear Angela, thank you for blessing me with this day of Hope. All love, CC :)
Yoga for Hope Volunteer & YOD Ambassador, Cindy Chang 9/2011

October 2011

Mostly all my clients who call me for tech support here at MindBody Software are all about the numbers - the "Bottom Line". You, are clearly not. You should be proud of what you have accomplished and what you do as a Yoga Non-profit. I bet you sleep real good a night! It's been a pleasure helping you. Scott Baily,
MindBodyOnline.com Team

Oct. 1, 2011 - Greetings Angela,

Thank you so much for participating at our 1st foster parent health fair. Your yoga moves are so relaxing & we will definitely utilize your service for other trainings or events. It was such a pleasure working w/you & we look forward to working w/you in the near future. Thanks again & have a lovely week!

Kimberlee Pitters, Public Health Nurse
Options for Recovery Training Coordinator, San Francisco, CA

April 2011

Namaste Angela

Thank you for your email. It was wonderful to hear you speak of the work you do and how others can find ways to do seva in their lives. I can see that the divine is working through you in the work you do.

Om Namo Sivah, Veena- Sivananda Yoga SF - Easter 2011

Angels:

I'm so glad that the money we donated is put into good use. I'm proud of what you're doing. You are my inspiration. Autumn Chen, City Attorney's Office, San Francisco - March 2011

That is so awesome. The machines are beautiful. I'm gonna spread the word on Facebook. Thank you for all you do :)

Mary Cabarles, MSW, ASW - City and County of San Francisco - March 2011

Re: B&G USA culture club winning program:

congrats! congrats! the kids i met were absolutely beautiful and brilliant. no wonder you won. they are often brought up, especially when i do a workshop. seems like the children are ready to step it up and get on with this new consciousness. they really will change the world more than ever. Robert Max, Los Angeles - May 2011

July/2011

Dear Angela Ji, Namaste

Thanksssssss; yoru email brought a big smile for me; it took me back to Dwarika hotel (in Nepal) for a while. actually true friendship is always beyond any boundary... i love to be in touch with Good people like oyu to spread out Goodwill... so les stay in touch. pls take care of yourself; pls keep up your good work... you are truly an angel !!!! you know that only NISKAM SEWA (seleflless service) with deep consciousness (Pragya) can change the world...; so let's walk together; thanks.

love+peace+service

CM Yogi, Nepal

5/2011

I'm Honored being Yoga Of Devotion Ambassador while attending the Lake Biwa (Japan) Water Blessing ... then sharing feelings from experience in writing!!

Love & Thanks For Your Gifts To The World, Mark 

Mark Tarpinian Inspired Life - <http://marktarpinian.com/>

Dear Angela,

Thank you so much for sharing these pictures with us!

It is great to see the wonderful results of your charity tour and it is wonderful to know that there are people like you in this world! This gives me a lot of good motivation!

Having yoga with you was such a great experience there was so much spirit, unforced power, dedication and even more in it -which is difficult for me to describe it in English...

And my family and I we love your DVD :)) All the best and many regards from Dubai - Violeta* February 2011

Hello Angela:

I am so happy and proud of you going all over the world serving the disadvantage,praise be to God that if every man do their part to help humanity we could totally eradicate all the basic needs of man,and you know what God has given us the ability to be able to do that. I will continually keep you lifted up in prayer as well as you travel all over the world being a disciple for Christ and sharing his love and mercy to others,take care and hope to see you soon. Love - Erkie Harris Wells –
Miyoharainternational.com 2/3/2011

http://myown.oprah.com/audition/index.html?request=video_details&response_id=25335&promo_id=1

This lady is one of the most beautiful an spiritual souls I have ever met. Joe & I met her & her family on vacation in Hawaii over 3 years ago. She is a cancer survivor and an inspiration to those of us that know the true value of life. When times get tough (and I mean financially, medically, and emotionally) she just thinks about giving back "paying it forward". Her "Yoga of Devotion" is all for the kids of underprivileged nations. Please help me help her by clicking on the link. P.S. That's actually her on the elephant. Carol Cristiani - February 2010 - www.AquaChill.net

Angela, I really appreciate your class; people are giving amazing feedback, it's causing a great impact on many peoples lives. Alex, Glide Memorial Free Community Yoga – San Francisco, August 2008

It is all of us who will be so blessed by the presence and contribution of your Essence, your Divine Energy, Your Purity and Grace, your Courage and Strength, your Compassion and Joy - these - all of these gifts that you so fully embody - will be a Blessing to all. Elesa Commerse – re: the Breast Cancer Video filmed for Chicago Hospitals 2007

Nov. 15, 2013 - Re: Dubai Yoga & Music Fest for Int'l Peace

Thank you for being so flexible and understanding with all the changes I kept making. I do appreciate your kindness. I look forward to giving you a big hug to congratulate you on this initiative that you guys have taken - we're going to all come together and make this a great success!

love and gratitude, Amrit - Miracles Studio, Dubai- UAE

November 12, 2013

From the vision board workshop in 2010, I have actually looked at that board off and on and I've been amazed at it's accuracy. Sure to see you around.

All my best,

Lisa - artist from NY

July 2013 - Brisbane Yogafest, Australia.

"She was my highlight as she presented an easy to follow challenging class that filled me with inspiration and confidence to accomplish the whole weekend", Anonymous.

Sandhya Rajan – March 10, 2013 – Dubai

Dear Angela

Thanks so much for such a beautiful class and amazing words yesterday at Third Eye. Can't wait to go through the journey of your book.

Rainbows have been on my mind since an Abundance Meditation I did last week and if you see the photo I have attached, the rainbow swirl is perfectly surrounding your face behind you. Its like rainbows bursting out of you, that's how I felt while doing the Abundance meditation and more so after the session with you yesterday.

Truly looking forward to making it to one of your retreats. That wish is going to go in my warrior 1 basket of wishes.

Nov. 25th - Africa Retreat

Hi Angela,

Thank you for a very wonderful and rich experience! I hope you're having a lovely holiday, and enjoying skiing if you do actually make it to the slopes. And I thank you again for all your magnificent facilitation and leadership during our time in Africa. With much gratitude,

~Arla

Nov. 25th - Africa Retreat

HAPPY THANKSGIVING to you and the family. Thank you for all that you did to arrange the Tanzania retreat. Thank you for setting up the opportunity to meet with the Maasai women. Thank you for your extraordinary gift of teaching yoga. Thank you for being a great friend.

Sending you lots of Love,

Namaste,

Maureen xx

The logo for VOW, with the letters 'V', 'O', and 'W' in a dark serif font, and the letter 'O' highlighted in a bright yellow color.

Nov. 25, 2012 - Africa Retreat

I still am amazed at this trip that you presented me with and want to thank you again. it was exactly what I needed and while I still haven't gotten over jet lag, what I really want to hold onto is the lessons and feelings of this trip. Your words of "what you do now you'll take into 2013...this is the time for change before the end of the year". You are truly an angel and I enjoyed so much of this trip...in many ways. If you have any photos of the day in the mud, please send. I didn't get any shots. I look at that day as a huge lesson on our trip and you truly were wonderful in your attitude and how you handled all things...including all of our different personalities. This trip with you just added more to my life and I thank you. Robin, San Jose

Nov. 26, 2012 - Africa Retreat

Dear Angela, thank you so much for sharing your life and journey with me. I saw Julie last nite and she told me the retreat was great. I count you as one of my blessings, with a grateful heart, CC :) and Ping

Nov. 3, 2012 - Wellness Day, SF

It was such a pleasure to finally meet you and to spend time with the other YOD teachers and students. I really enjoyed the practice you led us through on Saturday, learning more about YOD, and hearing your thoughts on how to take control of our yogic careers. Thank you so much!

Namaste, Lauren

May 22, 2012

Dear Angela,

What a lovely workshop it was. You got everyone to tap into their gifts of life. It was so lovely connecting with you. Looking forward to seeing you on your visits to San Francisco in the future.

Much Love and Best Wishes,
Sukanya



March 19, 2012

Dear Angela

Both Emma and I have been getting all the online feedback forms from participants the last week and the response to your sessions was overwhelming. Again I would just like to say a huge thank you for sharing your beautiful yoga with our Melbourne participants, they got so much out of it. You've touched many. Sandy Lynds.

Feb.7, 2012 - Just booked the Africa Yoga Safari

Thank you so much for your kind words, Angela. I am so blessed to have met you. Yoga has really changed my life & our African trip is going to fulfill a dream on my "bucket list" which I have had for many, many years! With utmost gratitude, Sandi - San Francisco

Feb. 4, 2012 - from workshop participant Sandy Gettys, SF
The Ayurveda Session was Amazing! Thank you Angela

Feb. 4, 2012 - Ayurveda Crash Course
The Opera Plaza Ayurveda Crash Course was REALLY, REALLY GOOD! I say it alot but its true...Angela you're a Blessing! Eva Karasik, SF

February 7, 2012 - From Nepal Retreat in 2010
Nepal was a fantastic experience and travel is always challenging.
Thank you for sharing it with us. I hope all your travels are rewarding and that you are doing so well. Namaste, Cory

12/28/2011 - Response to You Tube video presentation / Dubai
Dear Angela,
Thank you for this beautiful compilation of our time together here in Dubai. I look forward to seeing you in March! Have a blessed 2012!!!
Love, Irene - Ashtanga Teacher, Yoga Om Dubai

12/25/2011
Participant response to Green Gulch Holiday Retreat Slideshow on You Tube:
How amazing, let me know were we are going next...

Ayurveda Workshop - Dubai 12/2011
After the workshop, I start to see people differently, with more understanding and compassion, thank you my dear for opening my eyes and my heart. Amal

Hi Angela, Happy Holidays!
I wanted to let you know that I had a very enjoyable and relaxing retreat this past weekend. Thank you again...and please also say thank you to the donor as well. Without his/her scholarship, I would not have been able to attend.
See you in 2012!! Warm regards, Connie

The comradery amongst all of the participants was what I enjoyed best. What a phenomenal gathering of gentle, compassionate and fun souls! The added blessing of you, Angela - for your wisdom, kindness, and willingness to share your expertise. Teaching us, helping us to become our Authentic Selves...just as you are: a True, Loyal, Open, and Honest Human Being!!! I am so very grateful to be able to also call you my friend. Cassady, SF - Green Gulch Holiday Retreat 2011

I have been working with your postures and I seem to be finding my own language and interpretation coming out which was unexpected but wonderful because it is true for me then what I teach.. I am now feeling the spiritual and emotional element of my postures not just alignment and technique. My postures now seem to be easier to do, I guess I have stopped fighting the physical side of them and found a completely different approach both mentally and physically. Sarah, Dubai 4/17/2011

Hi Angela,

It was a wonderful and just right for me as my first Yoga class in my whole life. I felt so good in my heart and my body felt softer. Anonymous 2011 Australia

I have been reading the feedback forms I sent all attendees and a lot of people really loved your sessions - your name came up quite regularly with lots of warm responses! Great that you and Master Saumik will be working together too! Thank you so much for joining us - I was a pleasure and I look forward to seeing you in Melbourne! Cheers, www.evolveyogafestival.com.au
Miranda Burne, Festival Director 2011

Having yoga with you was such a great experience there was so much spirit, unforced power, dedication and even more in it -which is difficult for me to describe it in English...And my family and I we love your DVD :))
All the best and many regards from Dubai
Violeta* February 2011

Green Gulch Holiday Retreat 12/2011

Dear Angela, thank you for the yoga retreat and the insights that I have gained from this weekend. I am definitely incorporating more time in nature for my wellbeing and balance. At Green Gulch, I enjoyed seeing horses, coyotes, nature, gardens and the beach. I loved the Vision Board exercise to see clearly and create my life with ease, grace and joy in 2012. You are special, you inspire me! Starting my day with yoga. Om shanti.....
See you soon. All love, CC :)

Green Gulch Holiday Retreat 2011 was my first retreat. My spirit crys out for more. I enjoyed the surroundings and the yoga practices, as well as the people that participated. David Penner, Healdsburg (wine country)

Green Gulch Holiday Retreat 2011 - Lateef Franks from Los Angeles

This was my first retreat and I enjoyed connecting with people, the universe, and myself. I would not change any aspect of the retreat, it gave me the gift of connection.

Ayurveda Workshop, Dubai 12/8-10/2011

I knew about Ayurveda, having recently finished teacher training and studying in India. I was not sure if I should attend the workshop. I did and I learned soooooo much! The teachings were practical and covered many areas of everyday life that I had not learned, even in India! Irene Templeton, Yoga Om Teacher - Dubai

YOD Green Gulch June Retreat 2011 - Hongmai Nguyen, SF

I enjoyed the walking meditation and restorative yoga session in the evening the best. I really slept well that night! The part of the retreat I enjoyed the least? It was too short....I wanted more!

YOD Green Gulch June Retreat 2011 - Carin Apperson, SF

The combinations of experiences was perfect and just what I needed. The yoga was wonderful, the hiking, views, reflection, time to read, relax, and think about where I am in life - all this and sharing laughter + conversation with great people was what I enjoyed the best. Angela is not only an incredible yoga instructor, but an inspiration. Her energy permeates and I feel my own potential greatly expand after being in her presence.

Thank you Angela!

Hi Angela,

I wanted to thank you again for allowing me to participate in the training via Skype. It was a great experience. Overall, the sound quality was good after we got past the initial difficulties. I did occasionally experience some static, but nothing extreme. Thanks again.

Best, Hanna, Philadelphia PA - March 2010 Ambassador Training Workshop

Hanna Roos Cornell University College of Arts and Sciences

Just want you know that my vibration since our workshop continues to be higher. It has left me truly inspired. I want you to know that I am seriously considering traveling with Yoga of Devotion this summer and want to talk with you soon about possible dates and destinations. Putting all my intentions for teaching bhakti out there, living bhakti, and practicing bhakti always. Thanks for giving this life calling a name. SO MUCH LOVE. I just got home and I am having an EVENING. Thanks for the advice. Brittany Berman - San Francisco March 2010 Ambassador Training

11/13/2011

Hello Angela,

I really want to meet you and pray that the day comes soon. There would be nothing as wonderful as having you in Pakistan and learning from you. The time is not favorable to take risk on inviting inspirational teachers from USA but this nation needs an over-all detox.

Please remember to bless this innocent piece of land suffering because of the ignorant bunch living on it - please bless this nation and send light here so we open our hearts to love and step out of our pettiness. Till our hearts are shrunked, we will miss the opportunity to learn and grow from unconditional people like you and miss the wonders of the vast existence.

Love, Light, Peace! With Smiles :) Duaa, PAKISTAN

Oct.5, 2011 I am greatly enjoying the yoga class, after having lost touch with my inner self for years. Since returning to yoga, I have breathed easier and use yoga to reduce the multiple stresses in my life. I feel I am ready to take my yoga to a higher level. Re: Green Gulch Holiday Retreat, I can think of no better way to treat myself during the holiday season! Thanks much, and your yoga sessions continue to inspire and invigorate me --

Wendy Iwata, San Francisco Public Utilities Commission

There is never enough time to learn about all the spiritual questions I have. I look forward to your return to Dubai in March 2012 where the learning and sharing will continue for another retreat. Amal, Yoga Om Owner - Dubai

I enjoyed the Vision Page exercise, and the Holiday Gathering with sharing of stories at the YOD Green Gulch Retreat. Peter V. - San Francisco

At Green Gulch I enjoyed getting up early at 5:30am to do the morning yoga. I also enjoyed the walk to the beach at sunset, mingling with others, and the format of getting the meals (community style large pots with first 10 minutes of silence at each meal).

July 2014 - Booksigning attendee, Melanie from Boulder

Finished both of your books in 4 days while in Telluride. You are a hoot! What I enjoyed so much while reading your books was your delight in the small nudges and constant reminders in life of the ubiquitous presence of God. And your trust and surrender in situations is a path for me to emulate. The feel of your books is tremendous sweetness. The Seva you give to the world is beautiful. I hope to join you on a retreat sometime/somewhere. Your travel style is a good fit. Or a retreat in Telluride would be great too!

March 30, 2014 - On book#2

So, I'm on the Telluride Chapter and I gotta tell you your descriptions are spot on! I know...I've been there! As I read, I was like "I've been there! I met them!" Carla Ovando, SF Dept of Employment.

June 21, 2014

Can't express the joy that filled my eyes and heart as a result of meeting you this past week!!! :))) I was already full and meeting you created space for an even greater sense of possibility!!! :)))

J!, Norwich University Int'l Relations

April 9, 2014, Dear Angela,

Thank you for your believe and peaceful energy, which you share with people around you. I just wanted to thank you for organizing such a lovely event (Happiness and Yoga Festival, Abu Dhabi). It was a pleasure for me to be there and participate at the classes. It has been very successful for the first time and great starting point for the next coming events. Well done and thank you again. Love and Shanti, Lenka - Abu Dhabi Body Tree Studio Teacher

January 28, 2014

Dear Angela!

Late thank you of information that you sent! I finished reading your book in Kenya before Christmas. I really enjoyed it! It gave me hope on my own journey. And it wanted me to return to New Mexico! One of my favorite places that I've been!

Kind regards,
Johanna Loponen, UAE

Dec.9, 2013

And now, even more so than before....
I remember why I love you so much xoxo
Carol, Tuscon.

Dec. 6, 2013

Hi Angela,

You gave me tears with this email, thank you so very much for the wonderful words, it really means a lot coming from you!!
Dharna xo - Dubai

July 21, 2013

God Bless you! YOU are my inspiration. Big Hug, C.

June 28, 2013

Great class and it was nice to meet you today. Your work and commitment is amazing xx - Carla Newton, Brisbane Australia
December 25, 2013

Thanks Sis for helping me maintain my calm through your book. You really say it all; from what we learned growing up about God & positive thinking, and letting stress go through the breath and the stretches. You said it all in another language and taught us how to use everything to its Maximum. I "get you" now.

Thanks, Joseph L. Holmes, Jr.

August 12, 2013

I'm going through a very difficult and stressful time right now. Every evening, I read your book to find calm. I just open it to any page and start reading. It soothes my soul. - Compton, CA.

July 21, 2013

Your app is spectacular!!! You're gonna laugh but one of my favorite parts was the 'thank you' from the orphanage kids at the upgrade part. Carla, SF.

June 4, 2013 - Nepal - Chintamani Yogi

Namaste Angela ji

Thank you soooo much; I felt sooo encouraged and inspired by reading your email; thank you sooo much my friend.

Thank you sooo much again; I felt so relaxed by having you with me at this unpleasant time!!! pls keep in touch; smile...

love/prayers

cm yogi

June 4, 2013 - On the book "Living a Bhakti Life"

I just wanted to say I'm not even a 1/3 of the way through your book but I REALLY love it! I gave your book a 5 star review on Amazon.

June 30, 2013 - Book

"WOW, What a Book!" - JL Holmes, Jr. Inglewood, CA

June 3, 2013 - Isabel , California - **Really good writing-wise woman**

I'm not even done with this book yet but I REALLY like her writing style and her intelligence and her straight-forward attitude. Her story is

engaging without being self-serving. She is a woman to keep an eye on someone who's really doing good work for the right reasons. There is a magical or multi-dimensional quality to this book that's hard to explain, but I REALLY like the "vibe". I've had a couple of epiphanies and I'm not even half way done.

I look forward to her future books.

April 11, 2013 - Kamala McLemore, Alabama - **Loved this book**

This book is as straight forward as it gets. She gives it too you in a user friendly manner. She's a no messing girl with a lot to teach and a lot to offer to the spiritual world. It's good to hear from someone that walks the walk and not just talk and talk. She's a doer in every sense of the word. This book is for the beginner or the advanced student. You will love it's straight talking, no nonsense approach to what many feel is a very difficult subject to get to grips with. You won't put it down once you read the opening page.

April 26, 2013

Also, I loved your Yoga CD, I bought. One day I played, while I was

feeling blue, and it was so uplifting.

You are a wonderful gift to all of us! Keep doing what you do, because you are inspirational. Ramona - SF EDD office

LOVE THE APP on Stress Relief!!!!!!!

Barbiel, San Francisco 2013

March 1, 2013

Namaste Angela,

I've read your book and I'm inspired so much more and am certain I'm moving in the right direction. The book was an easy read even though it was filled with substance. I thank you for your contributions to the universe via God the Almighty. I look forward to reading more. When is the next book coming out? Im hungry! Peace, love and light! Quisa - Dallas, Texas

March 9, 2013 - Book Signing + Class in Dubai:

Hi Angela,

Thanks for such a wonderful session today. I am really so glad you did come & I hope it was as lovely for you too :) I will be putting a selected photos up on our Third Eye page, it has been so heart and soul-rendering to do your class again (& the personal note you wrote in the book means the world!). Namaste, Sucheta - Dubai

March 5th, 2013

Dear Angel~a, I'm having fun sharing this with You and Jose too ...

Today, Monday afternoon SF, I'm walking down California Street to do some business at Charles Schwab and I was recalling the name of the front-line customer service~~>> "Ah Yes, it's Angela" ... thinking of You, then seeing she's with New Colleague seated next to her, of course named ... Angela ;);)

Right after this, I'm walking down Spear Street very near One Market and Your Office, thinking of the Stellar views we shared there, then our former/upcoming fun in Dubai: immediately upon which I come out of my thoughts AND before me is a Woman walking by dressed in "traditional Muslim garb" ... HAAA :P :P

The New AV is more than "Audio Visual"~~>>

... it's the "Angel~a Vibe" ... Love, Hugs, Mark JNN - Joy News Network

Feb 27, 2013 - on the book

I am reading your book and finding it very inspirational. Something I need badly right now and especially this week. It would have been our two son's birthdays in the last week alone. Sterling would have been 25 yesterday and Trantum would have been 36 on the 21st Feb. Thanks for the book Angela. I know one day we will meet and travel and I will help you do good in the world. Om, Kamala / Sivanada Center

Feb 17, 2013

Looking for your book! No price.....always said you were priceless :) Afghanie Frannie, Telluride.

Dec. 27th,

I want to salute you all for having an impact on my life and for your contributions to my understanding of the Universe of Humanity. Salutations. Robert Alexander, San Francisco 2012

Dec. 17th - Post Seva Safari

Thanks my dearest friend god bless you to proceed to teach yoga.if god wish we shall see once again in TANZANIA AT MAPITO.Keep it up,god protect you till the end of all ur safaris.Greet all in ur country Francisco Raymond, Tanzania 2012

Dec. 10th Post Festival - Dubai Yoga & Music Fest for International Peace

God bless you Angela, I really appreciated your strength to conduct the Festival after the terrible loss of your Dad Can his soul rest in peace! God bless you and you loved ones! Of course see you for your next yoga course in Dubai or somewhere else in the world Namaste, Antonio - Dubai

Thank you Angela for the work on my hip. You removed the pain and helped me make it through the rest of the retreat! Blessings, Julianne 2012

Oh my! The best massage I've ever had, and I get them once a week! You took me to a spiritual place of relaxation and bliss. Anonymous, Telluride - Dec. 2012

Nov. 25, 2012

Angela, I am so sorry for your loss and deeply touched by the openness, clarity of understanding, and love that you so readily share with all of us. You are truly an exceptional woman, and the faith and love that your father shared with and instilled in you lives on. Thank you so much for sharing, and my heart goes out to you. With love and gratitude,
-Elissa, SF

Sept. 7, 2012 - Massage

Angela, Thank you so much. Great Karma. I am floating. You Rock. It was an honor and pleasure meeting you. Jeff, Mt. Village/Telluride Colorado

Sept. 2012 - London

Your words speak to my soul in a way that know one else can - we are so deeply connected Angela. I was thinking when I read your words that we are truly Sisters - from a Spiritual tribe. Our connection is so profound. I know a lot of people, but I have no friend as close or as dear as you are to me. In London I live alone and spend at least 90% of my time alone - having lived away so long it's difficult to create deep friendships, at my age. Also I am so wary of bad energy, the wrong 'friends' that wish you no good draining my energy. So I am very happy in my own company, my contemplative and quiet space, which I relish. But it's so refreshing to have communication with you again and you don't feel far away at all. Anonymous, London UK

Aug.29, 2012

After receiving "Prescription Yoga" from Angela

Thank you Angela!!! I knew you would have the answer!!! My Guru!!!

My mom recalled that HBP is what caused you to start practicing yoga. I wasn't too far off either because I did reach straight down for my toes! Thanks again! In case you've forgotten...U R THE BEST!!!!!!

Miss you, Carla, SF

August, 2012 - Massage - Telluride, CO

I have 12 pounds of steel in my back from spinal fusions. My sacrum is entirely metal and I have broken my leg several times. I was not expecting the wonderful massage experience you gave me....not to mention the great spiritual chat we had! Thank you dear Angela.

August, 2012 - Massage - Telluride CO

This was my first massage and it was incredible. Thank you. Interesting that I am a young Opera Singer from the East Coast and you have taken care of a West Coast Opera Violinist in San Francisco. Nice connections!

August 2012:

Angela, I'll be the first to admit that I was a little reluctant to even join yoga at first (not my thing). I had tried a few classes, one I liked, one was too crunchy, and hot yoga well just made me nauseated.

Your classes have a way of incorporating the spiritual in a way I can TOTALLY relate to and understand (the box). Also helped me to remember to breathe and hold my intentions!

Yeah people complain about the \$10, but I just remember...the orphans! Besides your right, one lunch is about \$10 which is why I bring my lunch!

Carla - San Francisco

August 2012 - Massage - Telluride, CO

It's been a blessing to have met you; you are precious. Thank you for the incredible massage work (fibromyalgia).

Love, MN (Mary Ned of Arkansas)

Aug.2012 - To YOD Teacher Lauren

I love what Yoga of Devotion has provided for the city. It's an amazing organization! Thank you for your contribution to that! Carin Apperson

June 2012

I think that is what makes you a great teacher -- you embody spirituality but still understand the practical realities of being a human being. I miss you and wish I still have you as my teacher. Bernadette, SF

Dear Angela,

Now I know why I have been thinking of you so very intensely these past few weeks! Our spirits are truly connected through love and friendship, although we only spent a very brief time together a year ago at Glide. I wish you every happiness as you pursue this new path, and I hope that you will let me know your mailing address in Colorado so that I can keep in touch by regular mail from time

to time also. I don't want to lose you! You are one of the special people that wander in and out of other lives on their God-given mission to spread love and positive energy. All the best to you always! I will tell my son about the book-signing. Maybe he can attend. Yours in friendship, Marianne - Yoga Student from Glide, SF

Angela,

It is such a sad news to know that you are going back to Colorado. My heart just sinks...and I will definitely miss you... You have taught me so much mentally and physically that words just cannot describe.

Connie, SF

Dear Angela:

I'm so sad to hear the news about your relocation. Yet I'm so happy that you are following your gut feeling which we sometimes ignore. I've learned from your class not only the good Yoga postures, but also a better attitude toward life. With your advice, I coped with the changes at my job and family life. I'm sure this skill will help me dealing with any changes that will come for the rest of my life.

Angela, I like you, not just because you're a good Yoga teacher, but also you have broadened my perspective of life. I'm so grateful to make a friend like you. I'll miss you for a long time.

You know where I am, call me for a tea, coffee or lunch whenever you're back to the bay area. Please remember that you will always have old friends here in San Francisco.

Autumn Chen, SF City Attorney's Office 2012

Dear Angela

When I first typed this email, I typed your name as Angel – and I thought that that was quite appropriate. It was wonderful to have you as a part of the festival in Melbourne – your smile, your energy and your emanation were very much appreciated. We are gearing up for a very exciting festival next year and are thrilled to have you on board. Jan. 2012 at Byron Bay!

March 3, 2012 - Melbourne Australia

It was wonderful meeting you and I look forward to hearing all about your up coming work through Prana House it is just down the road from where I live and would love to hear of anything you may be holding there.

Much Love and light to you, beautiful Angel. I will be in touch shortly.

Dee xoxo

March 5, 2012 - Melbourne Australia

Thank you soooooo much Angela for being there for us that day. It truly was meant to be. I am enjoying my regular yoga classes even more now with the added dimensions of Bhakti Yoga. I have viewed your DVD and after Google Mapping Telluride now have another connection, as last year in September, my family and I travelled, by car, from Durango to Silverton then past the hot springs at Ouray before turning west and en route back to San Francisco via Arches, Bryce, Zion and Yosemite. So I to have been drawn by those mountains. Even though I remember distinctly that I was driving at the time, I kept straining over my left shoulder to get the very last glimpse of those majestic hills dusted with the first snow of the year! How wonderful. Lovely to hear from you and yes I will be at Prana House when you return! Love Annette, Melbourne Australia

Feb. 2012

You are the best thing that has happened to me since I moved into Opera Plaza! Judie Wertheimer, San Francisco

Feb. 2012

Angela,

You are like a sister to me, you are the only one that actually “gets who I am”. You are a mentor, a friend, and I’m so grateful to have you in my life. Maureen Bryan, London - www.thevoiceofawoman.com

Jan.5, 2012

This is my first yoga class - I do Zumba. But your yoga class took me to another place. See you next week! Daisy - City Hall Class

Angela, you are my guardian angel.....thank you so much for the guidance. regards, Ryan - Dubai 2011

Dear Angela, My migraines are fewer now and I sit up straighter since I've been doing yoga with you. You have helped me understand how to sit without pain and how to restore my shoulders and neck after performances for the Opera. I've submitted your name to David Glockney in hopes that you can share yoga with all of us in the SF Ballet Orchestra. You're a Blessing!
[Eva Karasik, Violinist, SF Ballet Orchestra 10/2011](#)

10/27/2011 - Hi Angela,
I just wanted to say thank you for a lovely class. I felt ... better afterwards and I had the best sleep all week. Thanks for being so encouraging. Ellen Saulnier, SF Dept. of Aging

12/18/2011
Angela, you have a tremendous ability and quality to help guide us to meaningful lives through poses, words and connection. Namaste, Christina Goette, SF.

Thanks Angela! I hope you know how AWESOME you are!
I am so blessed to know you. Carla Ovando, SF EDD 5/28/11

Angela taught at the Evolve Festival earlier this year in Sydney where she was extremely well received, I had heaps of great feedback about her sessions in both my feedback forms, and from staff and attendees on the day. A true Bhakti Yogi, Angela runs an NGO that raises money for Orphanages in India, Africa, USA, Indonesia, South America and the Himalayan Regions. Tireless in her pursuit of helping kids, I remember when Angela arrived in Sydney early in the morning, before she had access to her hotel room, I had earlier suggested that she head down to Bondi for a cafe breakfast, instead her first port-of-call was to the children's hospital, where she spent hours playing games with the kids who were patients there!

[Miranda Burns - Evolve Yoga Festival Director, Sydney Australia 9/2011](#)

Dear Angela,
Thank you for all you have done for me through your Yoga of Devotion classes at City Hall...As a middle aged man who just four months ago underwent a hip replacement I can sincerely tell you that you have rejuvenated my body, mind and spirit with your yoga teachings. Your calming, caring approach to your students during your yoga classes is nourishing, fulfilling and habit forming.. this view is apparent in the faces and demeanor's of all those who attend your sessions. Please continue sharing your precious gift of yoga to all.
Sincerely, Tomas Marrero, SF

Dear Angela, thank you so much for my massage today. I can feel more relaxed and the sinus related symptoms are much better. I could breathe easier once I got off the table. Cindy Chang, SF 11/7/2011

Thanksgiving 2011

Angela - Thank you for introducing me to the hundred reasons to practice yoga. More power to you and your family. Marline, SF

Angela - You are the BEST! Thanks for your calm and effective yoga classes. Love Barbara Allen, SF

I thank God for you! Brenda, SF

Angela - You are absolutely inspiring. Thank you for all your love & support in our class. You're the best! Love Ramona Graham, SF EDD

Angela - We are so glad to be doing yoga with you. You give just the right balance of asana, pranayama, and savasana for starters(beginners)! Bonnie, SF

Angela - Thank you for taking the time to come teach me yoga. It is truly the highlight of my week. Have a great holiday! Love, Carla SF

Yoga is in such a unique position because most research just looks at "yoga" with little importance placed on all the different forms of yoga and how it might be used for health vs. other things (like fitness, meditation, etc...) Evelyn Y. Ho, Ph.D.

Assistant Professor - Communication Studies - KA 340

University of San Francisco - 2130 Fulton Street - San Francisco, CA 94117

Angela,

Wow - I visited your site - looks great - very well organized and planned out - and \$ for an excellent cause - go girl! I will let people I know that might be interested know.

Cheers!

Nicolai Bachman, Sanskrit Specialist – Santa Fe, NM - November 2009

Hi Angela,

I just picked up perfume in the beautiful crystal bottle.

The smell is just like the one I had before and I am so happy that I could have it again. I thought I could never get it rest of my life but you brought it to me again. You are an angel who brought me happiness. Mariko Kometani, SF

Regarding Dubai Workshop Mini-Video:

Dear Angela,

I am speechless .. You left me with no words to express my gratitude and happiness ..What a great new years wish .. The best I have had in my life .. My self and my family are playing the clip over and over again .. Mimi brings the I pad and say ..mama can I watch Angela , then she press into the related clips and watch you with the children .. God bless you and bless your continues giving in this world . Your spiritual friend watched it with silent , many times .. No comments ?? Today watched it again and said , I can't wait for Angela to come back , is she coming with her family ?? Charity told me that Abdul Rahman picture truly had an effect on her .. Lots of love from your Arab family .. You have left so much love to you in our hearts ...Hope you have had a lovely Christmas .. Merry Christmas to you and your family ..and wish you a happy new year , and wish my self to see you more in 2012 ...Lots and lots of love . Amal Al Jallaf Dec. 2011

Hi Angela!! Dec.2011

Firstly, it was sooo great seeing you again it seems like you come into our lives when we most need you. I'm so excited that you're planning to pass by us more often. I received the helpful tips for Pitta! Thanks for that :) I'm much more conscios now about how I feel now that I know i'm a Pitta! It's helped a lot actually even for my family to understand me more, so it's been very interesting. Best, Noor - Dubai

11/17/2011 YOD Chemo Support Audio CD

THANKS for the wonderful tape for yesterday!!! (first day of chemotherapy).

Ginny

Hi Angela,

I watched the DVD tonight. It is BEAUTIFUL!!!!

Um....You are totally a human pretzel! AMAZING! And as I watched, I was like yeah right! I can do about one third. Anyway, very pretty and PEACEFUL. Thank you, Carla Ovando, EDD San Francisco

I'm still practicing yoga! I miss your classes and the motivation and inspiration you put into the class!! Girl, you rock!! Bernie Higgins, Former employee of San Francisco City Hall – City Hall Class

Dear Angela, your energy is amazing, eye~mind~heart opening and appreciated very much.

Thank you for sharing your self ** Many people are changing Well, seeing anew with you ~ Mark

Tarpinian, Joy News Network – JNN, Hong Kong (regarding a posting Angela wrote on Mark's Blog Page) Mark Tarpinian Inspired Life - <http://marktarpinian.com/> - blog page

Hi Angela,

Thanks for sending your newsletter--very interesting. Sounds like a great trip coming up--bon voyage! And such meaningfully wonderful work you're doing with your program. Arla Ertz, San Francisco City Employee Yoga Class 1/31/2011

Arla - purchased Rose Petal Honey by Hongmai 11/14/11

Sure, I'll pay for the honey online. I couldn't resist tasting it at my desk--it's heavenly! It reminds me of being in Iran, and I'm sure that rose petal flavor is plentiful in India, too. Mmm.

Hi Angela!!

Firstly, it was sooo great seeing you again it seems like you come into our lives when we most need you. I'm so excited that you're planning to pass by us more often. I received the helpful tips for Pitta! Thanks for that :) I'm much more conscious now about how I feel now that I know i'm a Pitta! It's helped a lot actually even for my family to understand me more, so it's been very interesting. Best, Noor - Dubai Dec 2011

Hi Angela:

Thank you for sharing part of your story. Of course, I've been curious about you. You are so radiant and beautiful in class. (What do you eat?) The most impressive behavior I saw was with your kids, the few times one or the other was at class. Your calm, loving inclusion of the kids, and their amazing blending into the class was awesome. That speaks volumes to your character. You never proselytize in class, so my knowledge of your work is specific to how marvelous your class is. The more I focus on your words and my body, the better I feel for the rest of the day. Your references to the Divine in class are open and welcoming and, I think, welcomed by the class. And you're very light on spiritual matters (appropriately). Most helpful to me is your emphasis and reminders on gratitude. What a paradigm shifter gratitude is! I will definitely go to your website and find out more about your charitable work. I can't say I am seeking God through yoga, but I feel blessed during and after class/practice in a way that only happens then. I can't tell you how wonderful the class in City Hall is for all of us. First and foremost, it's easy!!! I just go to work early to make up a little extra time. I don't want to miss savasana, my favorite. I have flirted with yoga in the past, but until this easy, inexpensive class appeared, I couldn't keep it up. I think most of us need a regular class to keep the spark alive. Now I have consistently practiced over a year. And I am grateful to you, Rosemary and the Health Service for this. Thank you. Carol – SF City Employee Yoga Class 2/1/2011

Dear Angela,

Happy Valentine's Day to someone who really understands the power of love to heal! I am so blessed by our friendship. Have a wonderful trip bringing your devotion to all!

Margaret, SF

Hi Angela,

I duly received 3 oils (Valor, Deep Relief, Tranquil) at concierge and I love them all. Thank you very much.

Mariko Kometani, San Francisco Opera Plaza Yoga

Dear Angela,

Thanks for the private session with Ben. We will follow your advice, I know you have a healing touch. You are the one to do this work with us. Ben & Diana, SF 2011

Angela,

The work you have done has cleared my issues with the mystery arthritis, aches and pains...really only after 1 session! The continued work with me and my wife has kept us from feeling stiff and bringing a healthy overall balance to our busy lives. Thank you! Steve & Karen, SF 2011

I love your teaching and am starting to incorporate Yoga into my daily life. Thank you for all you do! Ramona Graham -City & County of S.F. - E.D.D.

These photos say it all! Thanks so much for sharing -you have done a wonderful job with the Torch Club and of helping members understand that giving back to the community extends far beyond the clubhouse and neighborhood. I hope the members are proud of this accomplishment

[Jennifer Berger, Boys & Girls Club Director - Marin County.](#)

Go Excelsior! Tamal Fleming, Boys & Girls Club Corporate Office
This is an amazing accomplishment!

Congratulations to YOD & the Excelsior Torch Club and thank you for your commitment and creative thinking when it comes to providing programs for our members. [Len Smolburd, Boys & Girls Club Corp. Office 2010](#)

Bless You Angela,

The kindness and truth of the reading I received from you touched my spirit deeply. This is my 2nd year back to see you, its worth it every time. Thanks. 2010 New Living Expo.

Quote of healing:

Now let me share some good news with you –as you know I am a diabetic and have been taking two pills a day and two shots of insulin a day. I was taking all of this for the last 5 years until I received your last letter and started implementing your spiritual meditative advice. I can now report to you that I am no longer taking any pills and only 1 injection of insulin in the evening. This all happened within two weeks of taking our advice. I feel great doing your stretch exercises with spiritual meditations along with push-ups, sit-ups and fast walking. All of this has improved my physical, mental, emotional and spiritual outlook on life. Hallelujah, and thank you for being the loving person that you are. [Mr. Gregory Ward, California Men's Colony State Prison, San Luis Obispo - February, 8, 2010](#)

Angela,

So far I've achieved inner peace, tranquility, anger management, brighter daily disposition, better skin, and the ability to get out of bed. When I came to your Healing Yoga class I did not know what to expect. Anonymous - June 2010

Angela, the reading you gave me at the expo helped so much. I understand my path now, and understanding brings me peace of mind. God Bless you. Anonymous- 2010

Dear Angela,

After rehabilitation from stroke: balance improved, headaches have gone away and bending is easier! Thank you. [Vapor Room Healing Yoga Program, May 2010](#)

It's not too hard,not too easy and you are kind and friendly too! It's a perfect fit for me. Thank you. Vapor Room Healing Yoga Program, May 2010

My yoga practice has become addictive in a good way. The endorphins post session lift me up the rest of the day and into the next. I am much more flexible and in tune with my body. Your 12 week class went beyond my expectations! Vapor Room Healing Yoga Program, May 2010

Angela,

I never told you before but the work we did at Glide Yoga SF, helped to heal my hand completely. When I showed you the lump in my palm, you told me to press it out and use my mind in Down Dog to heal it. It worked and not only did I avert surgery, but it has not grown back since 2009. Thank you! Liz Dobrosinovic - San Francisco

Dear Angela,

Thank you for the Bhakti Reading for my family. We all honor and respect each other better now, understanding our differences and how we balance each other. We will forever remember our Personal Bhakti Poses and use them throughout our lives. Each person having their own pose to help them on their path makes sense. We love you and hope to see you again next year! 2009 - New Living Expo, SF

I can't wait for us to share some adventures together as we bring our gifts & talents to a bigger world stage!!! And I sooo see your book in the hands of thousands & millions to come...and they have my CD in their car player too :) Know that you've got a fan, friend & extended family sistah in me!!!

Shine on mighty goddess!!! Much love & gratitude, Faith Rivera, Long Beach, CA - Spiritual Songstress June 2008

dearest angela, thank you so much for your beautifully inspiring yoga class at glide last saturday! you bring so much meaning to each asana that i came away with a new appreciation of yoga that i didn't know was possible, being in awe of the practice that i already am. just visited your website and am looking foward to joining a retreat sometime in the future! also, love your ebook! i will definitely be at class again on saturday and will be mindful of the depth of every asana from now on. Thank you again. blessings, margaret - San Francisco July 2008

"What an honour it is for me to be part of your project". I read the text today (for the first time) and it is beautiful. The books look simply breathtaking. Keith Levit, Photographer - CANADA / INDIA 2007

I absolutely LOVE the slogan..."*The Black Yoga Lady!*" You do your thing girl! Way to... R E P R E S E N T! Peace and Blessings, Ros (Rosalyn Davis) - Bellflower, CA - January 2007

When you and I sat in front of Upaya by the waster basin, you were pure poetry as you described your approach to asana. I found this so healing to listen to and for those who have misconceptions about yoga or who think it may conflict with their faith, it might help them see the value of the poses in a more personal way. Elesa Commerse, Santa Fe, NM. June 2006