

RoxAnn, thank you for a wonderful class. The tip about potassium and hydration has been heeded. I aim to prevent the cramps, and to Help-My-Health by improving my hydration. Also, the asanas we did yesterday were all pleasing to me. The flow that led into pigeon was logical enough that I've remembered it to work on, at home. That is a first class stretch for my tightness.

Jill H.-Huntington Beach

"I now consider Roxann my "Personal Yoga Trainer". She is right there to individually instruct and encourage. She has shown me the strength I didn't know I had. Yoga is the Best!

Diane Z. - Fountain Valley

"Practicing yoga with Roxann has improved my life all around. After taking her class, I have learned how to listen to my body, deal with stress more efficiently, and most importantly, I have learned that everyone deserves some "Me" time. Yoga is my "Me" time!"

-Heather S.

You know that I'm always hesitant to talk about my progress (Just learned from my Doctor that my Osteoporosis has been substantially reversed, I have 7% restored bone in my hips and neck. And I attribute this improvement to Yoga.) because the improvements are all very small taken individually, but over time have made an amazing difference in my physical, and mental and emotional health. When I think about my beginnings with your "Yoga with the Chair", and even my first attempt in the "Gentle Yoga" class, I have to smile, because I don't think I'm that woman anymore, and I must thank you for your encouragement.

Margaret

Walking into RoxAnn Madera's *Yoga as Solution* class is like walking into a warm embrace that is both comforting and empowering.

Madera empowers her students to strive for their personal best by gently guiding them through instruction in a knowledgeable and compassionate way. She understands each student's needs and limitations and guides them past the "*I can't*" to "*I can*". By the time class is over students feel as light as the playful feather RoxAnn wears in her ear.

Marguerite N.

Huntington Beach

Thanks for all the caring, stretches, and nuggets of wisdom you pass along. They are all so helpful and essential for all of us to hear and you empower us to be better people and to be able to pass that along to others. I really appreciate you! Thank you.

L. Flanagan/Fountain Valley

"THANK YOU" for just everything . . . I am not only healthier physically, but spiritually and emotionally calmer. Each day as I think of my

yoga class, I challenge myself of what yoga movement I can practice for the day . . .

Quietly but humbly I truly "enjoy" each class.

THANK YOU!!! -- Yoshi --

Just want you to know that I LOVED the hip series we did in class today. Mine felt terrific today as I walked away from class and here it 12 hours later and they still feel great.

Thank you.

Dee S./Fountain Valley

Three years ago, I began taking yoga classes with RoxAnn Madera at Los Cab. I had no idea how life enhancing these classes would become. From the beginning, I appreciated RoxAnn's extremely knowledgeable and explicit teaching style. She actually took time to demonstrate each posture before beginning and then gently corrected those in need.

As I begin taking regular classes, the first noticeable effect was a decrease in my normal level of anxiety which had been a regular struggle. I felt so relaxed and worry-free after every class and wanted this feeling to continue for a lifetime. Also, to my surprise, my tennis game was improving without the usual aches and pains. My body was becoming so much more flexible than the pre-yoga days. As a teacher, I would often have low back or neck pain from bending down to help children or correct papers. That is, to this day, completely nonexistent. The greatest change, however, has been an increased ability to remain cool and calm in any type of stressful situation making life a lot more pleasant. I have recommended RoxAnn's classes to EVERYONE and even other yoga teachers!

Whoops! I have yet to find another teacher who matches her degree of excellence.

-Joanne B. Fountain Valley