

Dr. Lauve H. Steenhuisen

2213 CHESTERTOWN DRIVE
VIENNA, VIRGINIA 22182

May 7, 2005

To Whom It May Concern:

If you would like to feel younger, more alive, more in touch with your emotions and body, then yoga with Bonnie Kendrick is for you!


I have been taking yoga off and on for 20 years, in 2 different countries. Yoga is based on an ancient system of healing which holds that integration of the body, mind, and spirit occurs when each is stretched and stilled. Bonnie is an excellent yoga teacher in her attention to the limits and potentialities of each student's body. The guiding principle of yoga and of Bonnie herself is "follow your inner guru".

Bonnie is a unique and blessed person. She glows with the radiance of love of life. Being in her presence is to absorb her commitment to truth and responsibility, her humor, joy, and concern for the justice for the earth. One both grows up, and grows younger, in her presence. While the point of a class with Bonnie Kendrick is to reintegrate one's body- mind-spirit, the take-away value-added is just being in her presence. One become more themselves in front of her absolute nonjudgmentalism.

I have been taking yoga with Bonnie for 4 years. I am a committed Lutheran Christian, and I appreciate how Bonnie is careful not to narrow yoga's spiritual focus into a religious one, and devout Christians, Jews, and atheists can each grow into an awareness of their own spirit through her classes. This care is an expression of her integrity and attention to personal boundaries.

Whether you take Bonnie's classes in a church, a gym, a VFW hall, or a private home, the experience is the same: you grow. You gain more energy. Your values and priorities become clearer. And you laugh. I am grateful for my yoga experiences with this fine teacher.

Blessings,



Lauve H. Steenhuisen
Lauve@attglobal.net
703-698-1929

Sharon Arnold, MSW
Licensed Social Worker
P.O. Box 6164
Arlington, Virginia 22206-0164
202 258-9454 cell/voice mail

Dear

This is to recommend Ms. Bonnie Kendrick to you.

I have volunteered to write you with reference to her remarkable talent, energy, and dedication in myriad ways to the well-being of others.

As an intermittent student in her yoga classes over a period of 3 years, I have observed her advanced yoga ability and knowledge, to include her impressive familiarity with the language, "culture", and diet of yoga. Hers is a holistic approach which can draw effectively on any of these as well as meditation techniques, as appropriate.

The ease with which she meets challenges in various work and practice settings is also admirable while she serves as a model to her students to maintain focus and concentration in the face of distractions or detractors. She is able to quite comfortably and successfully conduct classes, while in a noisy gym milieu, under a tree on Capitol Hill with Congress in session, or in a quiet church basement.

One of her most impressive teaching skills is her astuteness in immediate analysis of where each new student "is" in terms of physical acumen and emotional strength or fragility. She is then remarkably able to approach the yoga session on the individual student's own level, which is absolutely key to effective results. And she is able to do all this without making the individual feel "singled out." Quite the contrary, her individualized attention encourages harder work and provides motivation for follow up. True to the teachings of yoga, her class participants are always made to feel the importance of their own level, the absence of competition, and the richness of what they are doing to enhance their lives,

Ms. Kendrick's yoga training in Canada, her studies of alternative therapies such as pranic healing and reiki, her training in voice, and the fact that she is a musician all combine to make her an outstanding teacher. I also know her in the context of making referrals of my clients to her, and find her to be extraordinarily caring and professional in this process, and an exemplary person. I do not hesitate to recommend her to you.

You may call me at the above number with any questions.

Very sincerely,

Sharon Arnold, MSW

The Benefits of Bonnie Kendrick's Yoga Classes

Bonnie Kendrick provides a unique blend of hatha and kundalini yoga that has helped my life in many ways—physically, mentally, and spiritually. I've taken yoga classes off and on for 20 years and have stayed with Bonnie's class longer than any other. As a result, I feel I've truly develop a yoga "practice" which has extended beyond the poses into other areas of my life. The benefit from sticking with something long term is that for me, yoga has become a habit. Like eating well or drinking fresh water, it's just something I now do regularly and with ease to care for my body.

Bonnie has an uncanny ability to sense what a class needs and deliver a session that addresses students' needs in the moment—be it loosening tight neck or lower back muscles or calming busy minds through deep relaxation exercises. Physical stretching and balance exercises, deep breathing sequences and mind-calming visualizations are part of each session. Yet Bonnie's art is in how she adapts these elements to what is going on in the yoga studio that day. Instead of sticking with a rigid schedule based on her own preferences, she ensures her classes deliver a personalized value to students.

Her time spent studying in an ashram brings a spiritual dimension to her work that I personally find valuable. Yoga can be practiced by Christians, Muslims, Jews, Hindus, Sikhs, and Buddhists alike. (And who among the atheists would not like to feel more relaxed!) I find that by helping me feel calmer overall yoga has strengthened me in my own spiritual practice. A quiet mind is needed to get in touch with God, the self, your creativity, your best business mind, or whatever you're seeking. And a quiet mind can't exist in an unhappy body. Because of the many benefits of her classes, I would recommend Bonnie Kendrick to those seeking to know more about yoga—beginning and long-term students alike.

Marcella Wolfe-Gervais

*1860 Clydesdale Place, N.W., #304
Washington, D.C. 20009
(202) 387-1811 (h.m) (2007)
(202) 462-4206 (c)*

June 21, 2007

To Whom It May Concern:

It is with great pleasure and heartfelt gratitude that I write this recommendation for my long-time yoga instructor Bonnie Kendrick. From 1992 till 2003 I took regular weekly yoga classes with Bonnie. Her beginning relaxations alone are enough to keep a student coming back for more. For a few years, I was often the only student in her class but she willingly kept that class open for me as long as I wanted to come.

Bonnie is an eclectic yoga teacher, who explores new ideas and brings them to her students. She also encourages a student to be their own judge when it comes to their body. I've internalized her words, "Follow your inner guru," which she would say to help me understand that I had to do what was right for my body and not follow a teacher blindly.

Bonnie has been an inspiration, helping me explore what my body needs and encouraging me to move on to other things as I felt I needed to. I was following my inner guru as Bonnie advised when I began to explore Qi Gong, Tai Chi and Ba Gua because of back spasms which kept me from doing the yoga I had done in the past. I still do some yoga but have found the movements of these martial arts are more of what my body currently needs.

I am sure her classes helped me manage the stress in my life, keeping me more balanced and healthier than I would have been without them. More than any other movement teacher I have had, Bonnie taught me to REEEEEEEELAX.

Sincerely and with much love,



Doris Baker
Falls Church, VA

600 East Capitol Street, N. E.
Washington, D.C. 20003
December 29, 2009

To Whom It May Concern:

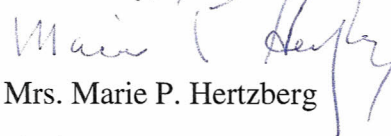
I, Marie Hertzberg, would like to recommend Bonnie Kendrick as an excellent Yoga Teacher.

I am 95 years old and have acute arthritis. She has been giving me yoga for five years, once a week. It has helped to relieve the pain and improve my movement.

Bonnie is punctual, efficient, very pleasant to be with, and she is genuinely interested in helping patients overcome their problems. I think she would be a credit to your organization.

If you wish to contact me, my telephone number is (202) 543-2522.

Yours truly,


Mrs. Marie P. Hertzberg

To whom it may concern,

I am a retired school teacher who has had the good fortune to have been a student in Bonnie Kendrick's Yoga classes since early 2009. It has been a great pleasure and privilege to have been able to work with her.

Bonnie has impressed me with her vast knowledge of Yoga, as well as its applications for individual students needs. Her ability to carefully provide for the wide range of different requirements of each student during class is truly remarkable. With enthusiasm, patience and understanding, Bonnie strives to maximize the benefits of the multitude of Yoga techniques for each student, no matter what their limitations may be.

In the last several months, not only have I overcome or improved several of my arthritic problems, but I have lost four inches around my hips! I can't imagine a procedure, treatment or exercise program that I could possibly recommend to my friends and associates that would do as much to improve the body and mind as Bonnie's Yoga classes.

Sincerely,

Mary Jo Shiver

Mary Jo Shiver

M.J. Shiver
11535 ~~Sanford St.~~ Lilling Lane
~~Centerville, VA~~
Jarifax Station, VA 22039

NO VA ZED
NO VA ZED
10 FEB 2010 PM 3:17
16 FEB 2010 PM 7:1



Kathleen L. Meier
6926 Twin Beech Court
Manassas, VA 20111

April 22, 2016


Bonnie Kendrick
7123 Sanford Court
Annandale, VA 22003

Dear Bonnie,

Thank you so much for the great workshop you led during the Metro DC Synodical Women's Convention. From those attending and completing the evaluation, you were extremely well received. And I heard lots of chatting in between the workshops about how great it was.

We do sincerely appreciate the time and effort you put into preparation and bringing a great program to the women.

Blessings,


Kathleen Meier
Past President, Metro DC
Synodical Women's Organization

ELCA =
Evangelical Lutheran Church
Association

Bonnie Kendrick
7123 Sanford Court
Annandale, VA 22003
703-208-1479

19 Dec 2016

Letter of Appreciation/Recommendation for Bonnie Kendrick


We would like to take this opportunity as attendees in your weekly yoga classes at the Fountains at Washington House for the past several years to personally thank you. We also fully recommend you as a trainer for other yoga activities and opportunities. Your contributions to enhancing our health and general well-being during our attendance have been very significant. Your capabilities certainly will offer other communities the same benefits.

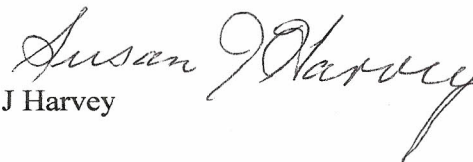
Your willingness to use personal time or rearrange the class in support of individual attendees' needs resulted in a finer learning experience and produced a more beneficial experience. Your program became a major component in our efforts to cope with and overcome health challenges. We appreciate your sincerity, in-depth knowledge, and expertise in assisting us. You are a consummate professional.

We hope that you will be able to continue as instructor and we look forward to working with you in the future.

Again, thank you for your effective efforts in supporting and helping us meet our health goals.

Regards,


Jeanette A Lilly


Susan J Harvey

Susan J Harvey
2151 Jamieson Ave #1809
Alexandria, VA 22314-5736
Phone: 703-566-0650
Cell: 703-309-6759
Fax: 703-566-0651
Email: susajharvey@yahoo.com

Jeanette A Lilly
5100 Fillmore Ave Apt 319
Alexandria, VA 22311
jeanettelilly606@yahoo.com

Bonnie Kendrick is a delightful yoga instructor who does her very best to help and encourage each of her students.

As I enter my 92nd year I'm convinced I'm stronger and more agile than when I began yoga two years ago.

You'll enjoy your time with Bonnie even when she pushes you (gently) to do better.

Happy hours with yoga.

Eva Miller Done

5.24.07

Dear Bonnie,

This note is to thank you for your
yoga instruction. It is by far the
best yoga class I have ever taken.
I have taken classes in LA, Denver
and other places in the DC area, yours
is absolutely the best. At first the
OMs made me nervous. Now they give
me such peace in this crazy DC world.
I take you with me when I move. ^{Your student}
Jacklyn West

To whom it may concern:

I've known Bonnie since we were high school students together. After college, she immersed herself in studying yoga, and has become an adept practitioner and instructor. She is amiable and kind. I have benefited greatly from her yoga lessons. I've been recovering from a stroke.

sincerely,

Charles Matheny

Charles Matheny

Oct 2019