

Hey well you know what an avid writer I am....At the end of every year I write a huge essay reviewing the past year....important events, musical accomplishments, et cetera. Well in writing my 2007 review, I wrote a section about my St Pete Yoga experience. Here it is exactly as it is in the essay. I hope you enjoy. -Marius

On February 19, I was feeling depressed. I don't know why I was I just was. I was lying in bed not really wanting to move. But then I had a thought. Earlier in the week when I was dining at The King and I Thai restaurant downtown, I picked up a card by the cash register. The card was for St Petersburg Yoga. I looked at it with mild curiosity. I put it in my pocket and left. At home I glanced it over and realized there was a beginner class on Monday at 7:30 p.m. (Just after lunch for me) Fast forward back to the 19th. As I was lying in bed I realized that it was Monday, and I forced myself to get up and go try it out. So I did. It felt weird at first, but by the end of class I felt great and immediately paid \$90 for a 10 class pass. It was the beginning of my new life!

When I was doing yoga under Chris Acosta's instruction, I never felt better. I went twice a week every week without exception. After about three or four months I started going to the advanced classes on Sunday's. As much as a tortured soul as I was in St Pete, I strongly feel that Chris's yoga classes were the reason I made it through. What I like so much about Chris is his style. He is supportive, friendly, encouraging, non judgmental, and best of all, an expert yogi. He is a 500 RYT. He studied in the East. After every class we would talk for at least 20 minutes. We truly became great friends. He would come to my gigs and always ask about the band. All and all he is a wonderful person, and my life is a thousand times better from knowing him.

Chris, I cannot say it enough. Thank you, thank you, thank you.