

**LONNIE LEPORE
POST OFFICE BOX 951
BLACK MOUNTAIN, N.C. 28711
(704) 669-2054**

RE: LILLAH SCHWARTZ

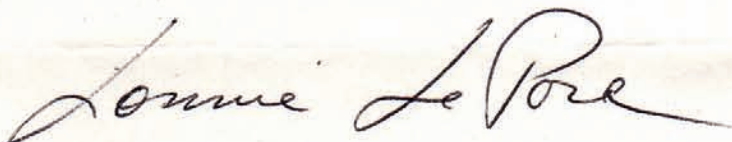
TO WHOM IT MAY CONCERN:

My association with Lillah began in January 1990, when I initially moved to the Asheville community. Having lived in other cities I have had the opportunity to experience classes with other yoga instructors. I am pleased to say that Lillah is the finest instructor I have known.


Lillah runs her school in an organized and professional manner and she conducts her classes with dedication, compassion and understanding. Most teachers have the ability to lead a class, but few have the ability to translate complex movement not only into words, but into concepts that the conscious mind and body intelligence can assimilate and transfer to the subconscious mind. Lillah is one of these few. Equally important she can analyze an individual's needs and clearly explain or demonstrate which correction is needed. Whether she is teaching a class of one or a class of twenty you feel as though the instruction is personal.

Lillah's skills as a teacher are paralleled by her desire to teach. Whether she is teaching a beginner or a seasoned student the level of energy, concern and dedication remains the same. It has always been a pleasure to attend her classes. I would feel honored to have her lead or be a member of any program in which I am involved. I hope you see her in the same light.


Sincerely,

A handwritten signature in cursive script that reads "Lonnie Lepore". The signature is written in dark ink and is positioned above the printed name.

LONNIE LEPORE



The Beverly Hills Iyengar Yoga Studio Beverly Hills, California



February 2, 2005

To Whom It May Concern:

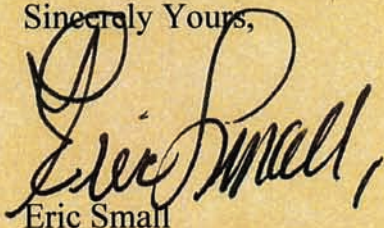
I welcome the opportunity to recommend Lillah Schwartz who has been a host and member of three teacher training workshops at Lighten-Up Yoga in Ashville North Carolina. During those workshops I have had the opportunity to observe her teaching methods which met our specific standards in teaching those students with various neurological and arthritic conditions.

Lillah has demonstrated her ability to evaluate each of the students special needs and to address them with not only compassion and intelligence but also a well grounded level of experience in using therapeutic yoga at it's very highest level.

It is my opinion that Lillah could meet with responsibility any challenge presented to her that the various acute illness and conditions present in the classroom.

I respectfully remain at your service and I look forward to answering any further questions or enquiries.

Sincerely Yours,



Eric Small

Director of Stress Control Systems Trust
Trustee of the National Multiple Sclerosis Society