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KATHI KRUSE

February 10, 2010

Dr. Sebastian Gonzales  
Orange County Pain Management Center  
Artman.sg@gmail.com

Dear Dr. G.,

This letter is a testimonial for the wonderful way you healed me. In my daily yoga practice, I have found many areas in my body where muscle tension not only exists but is sometimes too much to bear. Your treatments have provided relief from these tensions and have enhanced my yoga practice so much. I am now able to achieve postures with more ease and have found that, after years of practicing, I am able to finally do the more advanced postures.

Thank you so much for your kind efforts and for enabling me to feel better with the Active Release Technique. I recommend and refer my fellow yogi's to you—you are a true healer.

Best Regards,

A handwritten signature in black ink, appearing to read "Kathi Kruse", with a long, sweeping underline.

Kathi Kruse  
President