



COMMENDATION

The Forrest Yoga Institute

WHEREAS, Yoga is now recognized as a practice that has positive impact on the health of the citizens of Los Angeles; and

WHEREAS, Ana Forrest and The Forrest Yoga Institute have been important leaders in teaching Yoga to thousands of Angelenos; and

WHEREAS, Ana Forrest, herself, devotes her life and her work to advancing knowledge of Yoga across all ethnic, class and economic lines, so that all people in Los Angeles are inspired to use Yoga for their personal health; and

WHEREAS, Ana Forrest, through her Yoga in the Hood program, reaches out to those in Los Angeles not usually exposed to the practice of Yoga, and teaches respect for others and teaches people to respect their own health:

NOW, THEREFORE, I, ANTONIO R. VILLARAIGOSA, Mayor of the City of Los Angeles, on behalf of its residents, do hereby congratulate and commend Ana Forrest and THE FORREST YOGA INSTITUTE for their contributions to the people of the City of Los Angeles.

September 7, 2006



Antonio R. Villaraigosa

MAYOR