



**TriYoga® Center of Philadelphia
at Mind-Body Services**

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My dear TriYoga Center Family,

As many of you may know my life has taken a few twists and turns this past year. The biggest of all is when my husband, Jonathan, was accepted into St. George's Medical School in Grenada. We had no idea how our lives would change. Trust, faith and acceptance became close friends as my husband set off to embark on his dream and vision of being a doctor. Meanwhile, I continued on my journey moving deeply into the friendships and family that helped support this transition in both of our lives. We were separated by 2000 miles for over 4.5 months. A lot can change in 4.5 months. One thing that seemed to stay constant was the intense gratitude that seemed to be in every cell and every breath of my being: gratitude for TriYoga, Kaliji, Swamiji, my husband, all of you, and for the new, exciting experiences that happen daily. Life is truly a miracle!

Come August 2012, I will be parting ways with the TriYoga Center of Philadelphia as I will be moving to Grenada to be with my husband. There is so much joy and pure bliss when I think of all of you. By being part of this community, this practice, I believe we are divinely connected. You have touched my heart in the deepest of ways. Thank you for opening your hearts to mine! I have the utmost respect for you and your dedication to your practice. I have so greatly enjoyed being part of the growth of the TriYoga Center. Thank you, Citrini, for manifesting into reality your vision of a space for spiritual growth and satsang. The TYC is a very special place. This will be forever my TriYoga home and you my TriYoga Family.

I am looking forward to this new adventure with Jonathan and supporting him as he ventures into the herculean task of being a doctor. Please add us to your thoughts, prayers and best wishes that we can continue to do what we came here on this planet

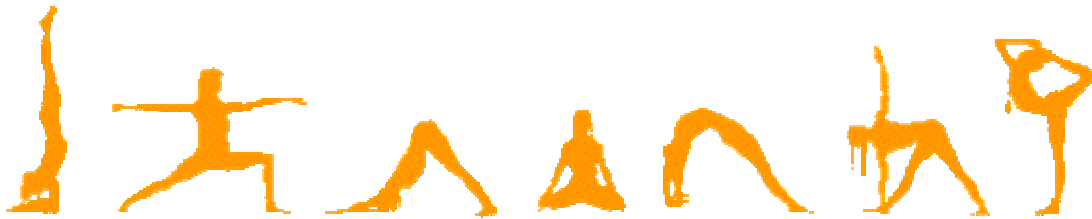
to do. You are in my thoughts and prayers that you may be blessed. May the obstacles be removed from your path so you may continue your growth, moving into your fullest potential.

Please stay in touch! swinden.rebecca@gmail.com

Om Namo Hanumate Namaha!

In Love and Light,

Binaka/Rebecca



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