



KAI YOGA

To Whom it May Concern,

Selina Win Pe has been an active and very dear member of our KAI YOGA community since we opened our doors in September 2016. Her commitment and passion towards yoga and ultimately anything she sets her mind to, is undeniable and truly inspirational. Selina has a dedicated daily yoga practice. In 2017 she completed a 30Day yoga challenge with us, together with a 200Hour Yoga Teacher Training in 2018. In both of these yoga immersions Selina added immense value and vivacity, inspiring and supporting her colleagues unconditionally. As yoga being a fundamental element of her healing journey, it is such an honour to witness Selina's transformation and personal empowerment.

Selina has an authentically warm and generous nature towards all those she encounters. She has always been so generous and loving towards our family. My own children absolutely adore her and her playful, fun loving energy!

Although we are Selina's yoga teachers, we have learnt so much from her – her tenacity, will and courage to not let her past define her, and instead, use her past as fuel to help others is such a rare and admiral quality.

As owners of a family business and her friend, we are forever grateful for her unwavering support.

With Kindness,
Elisha Young & Fraser Guthrie