



## Meet Our Clients



“Yoga is the perfect discipline for a body over 50 working on balance, agility, coordination and focus. Holy Lotus is like a second home to me.”

- Dr. Leonard  
Prudent, Plastic  
Surgeon, **Medical  
University**



“Yoga brings me quiet joy. I can't explain it, but yoga at Holy Lotus is the part of my day that I look forward to the most.”

- Mrs. Joyce  
Watkins, *Certified  
Financial Planner,  
**Anderson  
Investments***



“I'm fast approaching sixty with no plans to slow down. I feel fit and ready for my first grandchild! Thanks to my teachers at Holy Lotus.”

- Ms. Carissa  
Jaimeson, Partner,  
**Alston & King**