

Laura Bissell
Yorkshire Yoga Centre
9-10 Halfpenny Close
Knaresborough
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HG5 0TG

Our Ref
Your Ref
Date 13th November 2007

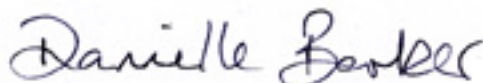
Dear Laura

I'm writing to say thank you for allowing me to watch your Able and Enabled Yoga session. The session offers a fantastic opportunity for those with limited access to traditional leisure and fitness activities. Having seen the full session and spoken to some of the customers, I can see that it's more than a yoga class. It's an opportunity to exercise in a supported and supportive environment, a chance to make new friends, a chance for relaxation and a chance to consider a spiritual side that is easily forgotten in a busy world when you have the added issue of having a disability to contend with.

I already knew a couple of your customers who access activities that I am involved in but it was great to be introduced to disabled people who I had never come across in my role. Your inclusive approach has meant that these people have accessed an activity that has fulfilled their needs without my project being involved or the need for me to remind organisations of the responsibilities under the Disability Discrimination Act. If only other facilities and service providers could follow your example!

I wish you every success in your project and will help in any way that I can be it offering funding advice, assisting in outreach projects or sending customers your way.

Yours sincerely



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Department of Community Services