

Dear Charleston!

Thank you for everything you do for me!
I am very happy and grateful that I
met you and have the chance to learn
from you. I've always loved to come
to you, even when I was struggling
with my mind, irritations and illusions.

You've shown me a path to truth and
I enjoy learning to walk on it, even
when I'm still on the beginning of a
journey that will never end.

In my heart I knew from day one
that our work together is one of the
best things in my life that happened
to me and my trust in you and all
the work was always there very deeply.

I want to say thank you for all the
energy, time, patience, commitment and passion
you put into dealing with me and
my ups and downs.

I always walked out of the studio
and felt a bit changed.

Thank you for shaking me and my
patterns, thank you for all explaining
over and over again, thank you for

moving me and that you've never given
up in all my blocks and chaos.

You've shown me that I can change
and even when it goes slow I feel
that I become more true and honest
to myself and my body takes over
and asks for peace, calmness, joy and
freedom in moving and being. - and
my mind has to go with it.

You've always been a master teacher
to me and I feel connected to you
like I know you for very very long.

I love all your energy, honesty, power,
intensity, your fire that never stops
burning, your softness and tenderness,
your speaking, your voice and your believe
in truth and growth - and your big
idealism!

Thank you for going this journey
with me and that you are in my
life! I'm looking forward to go on!

I love you!

Yours

Anne Marie