

Hi Kierstie,

Your video on Chair Yoga for Balance for seniors was great, you guide them with patience and encouragement which shows your genuine care for their well-being.

And I'm sure that both of us wish that more people would watch that video and attend your classes.

So, I created this new approach to make that happen that aims to slowly educate, inspire, and encourage the reader to make them join your class.

This offers an unfair and unique edge over your competitors, as they often rush into selling classes and products without letting the customers breathe.

I created a sample of this approach below.

If you are interested and want the next part to it respond with "yes".

All the best,