

From: Redacted

Sent: 6/22/2010 9:53:27 AM

Redacted
Redacted
Redacted]; Cherry, Brian K
(/O=PG&E/OU=CORPORATE/CN=RECIPIENTS/CN=BKC7); Redacted
Redacted

To: Redacted]; Jeanne Smith
(Jeanne.Smith@sce.com); Redacted
Redacted

Redacted]; merlin ancheta
(merlin.ancheta@pacificservice.org); Redacted

Redacted
Redacted]; Patty Catabay

(patty@bluemountaininc.net); Redacted
Redacted

Redacted]; Ramaiya, Shilpa
R (/o=PG&E/ou=Corporate/cn=Recipients/cn=SRRd); Redacted

Redacted

Redacted]; Evelyn P. Gonzales (epg@cpuc.ca.gov); Redacted
Redacted

Gardner (GardneS@wyeth.com); Redacted

Redacted]; Frank Lindh (frl@cpuc.ca.gov); Redacted

Redacted
(admin@preventioninspection.com); Redacted

Redacted

Redacted, Elena Tung (etung@visa.com); t alonzo
(talonzo@placertitle.com); Redacted

Cc:

Bcc:

Subject: Drinking vs. Yoga --- just for laughs!!! (no virus here promise!)

Have a good week everyone!

Rose V. de la Torre

Realty World Select Realtors

Ofc: (650) 991-4550 ext 223

Fax: (415) 715-8110

Cell: (415) 533-2985

E-mail: Redacted

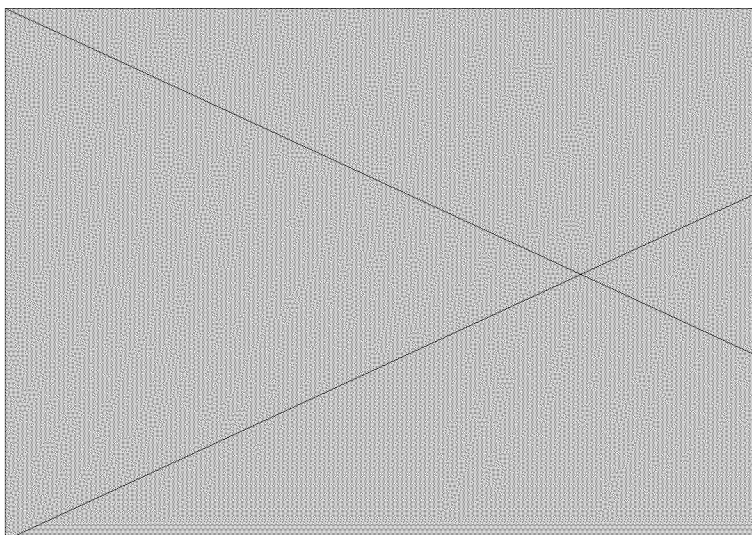
DRE #01852236

"Your greatest compliment is a business referral"

Research confirms that drinki
you the same benefits yoga do

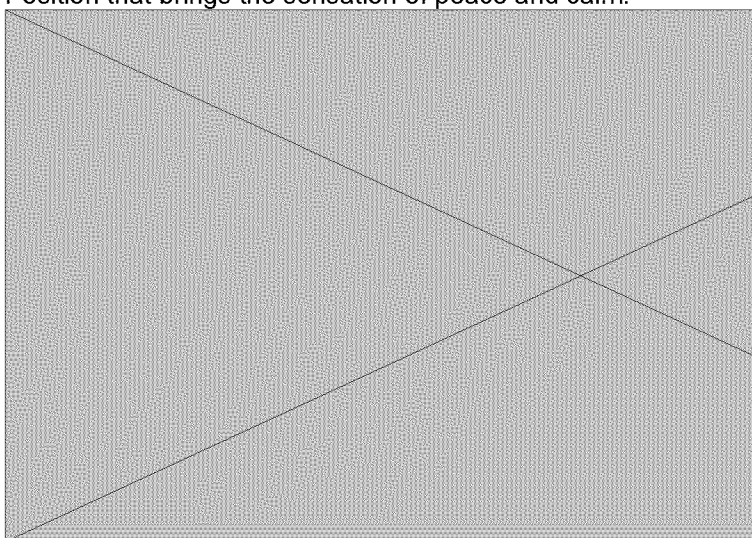
Savasana

Position of total relaxation.



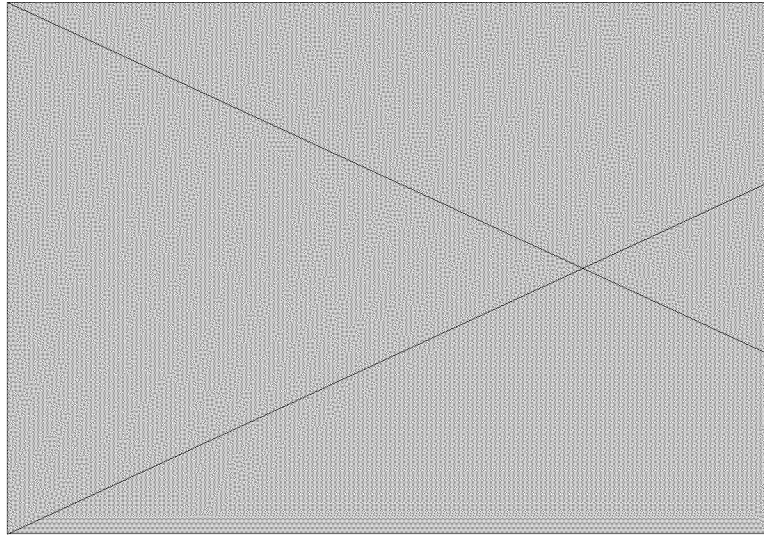
Balasana

Position that brings the sensation of peace and calm.



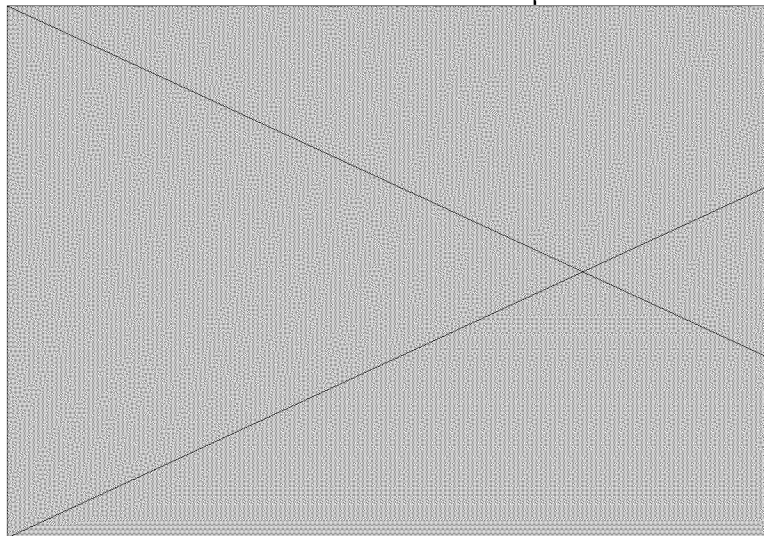
Setu Bandha Sarvangasana

This position calms the brain and heals tired legs.



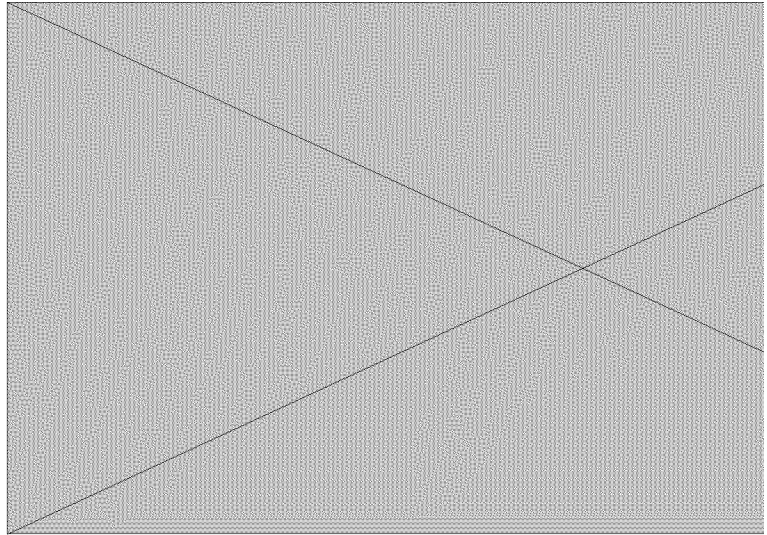
Marjayasana

Position stimulates the midriff area and the spinal column.



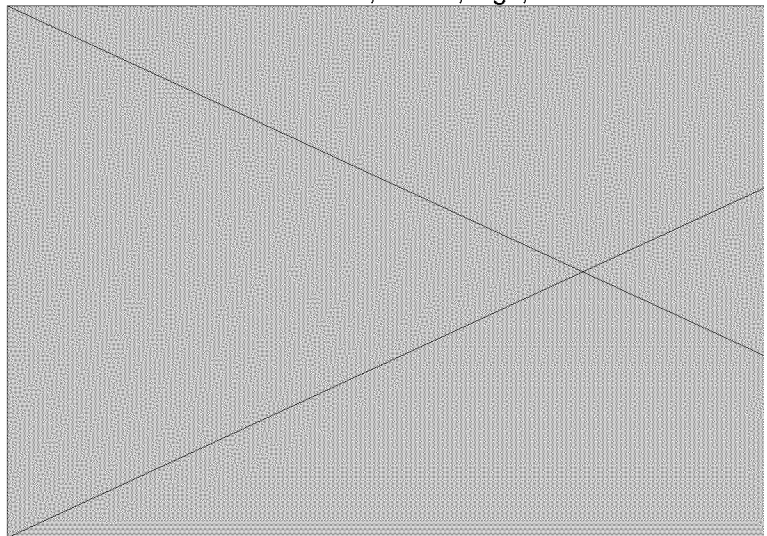
Halasana

Excellent for back pain and insomnia.



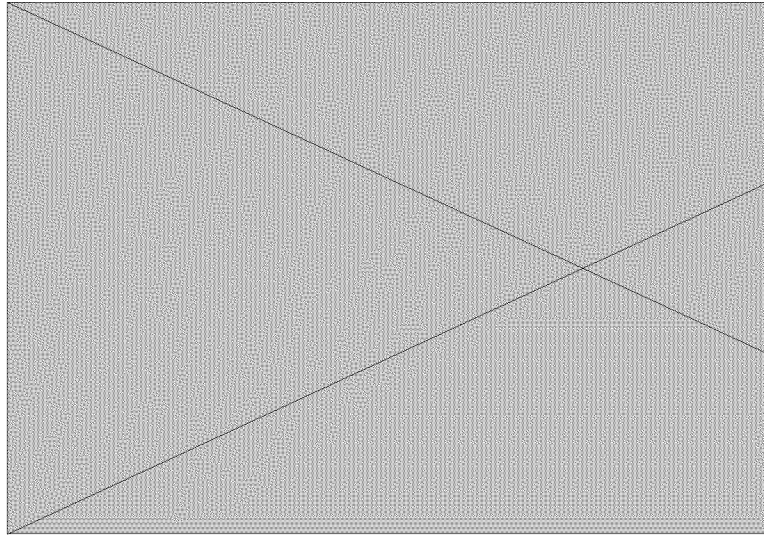
Dolphin

Excellent for the shoulder area, thorax, legs, and arms.



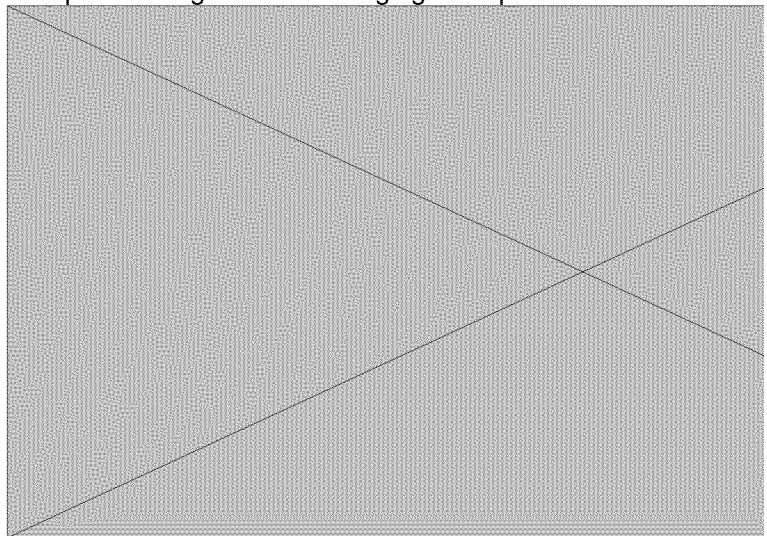
Salambhasana

Great exercise to stimulate the lumbar area, legs, and arms.



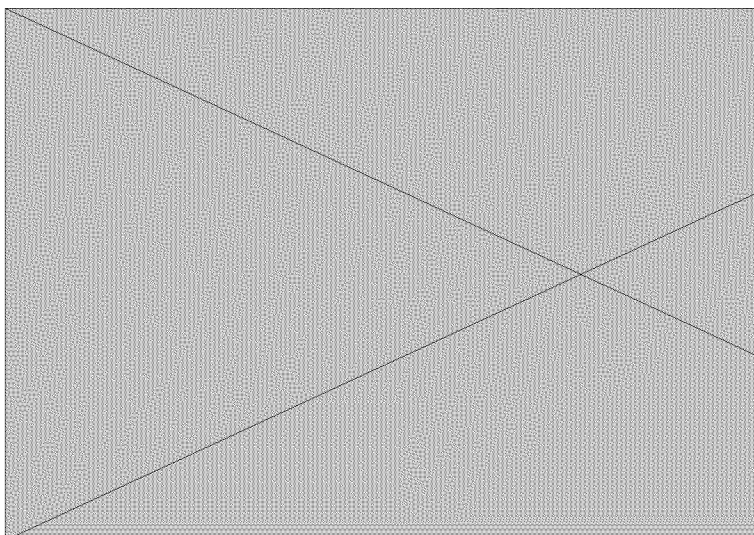
Ananda Balasana

This position is great for massaging the hip area.



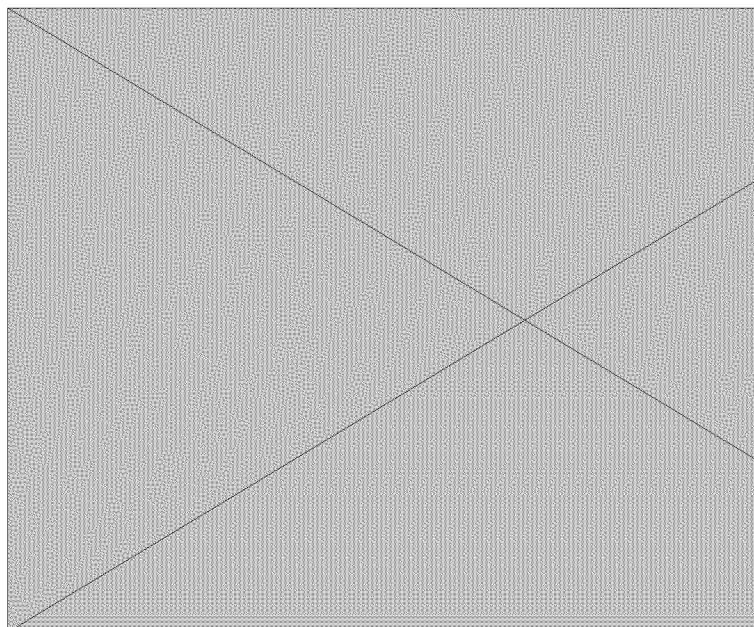
Malasana

This position, for ankles and back muscles.



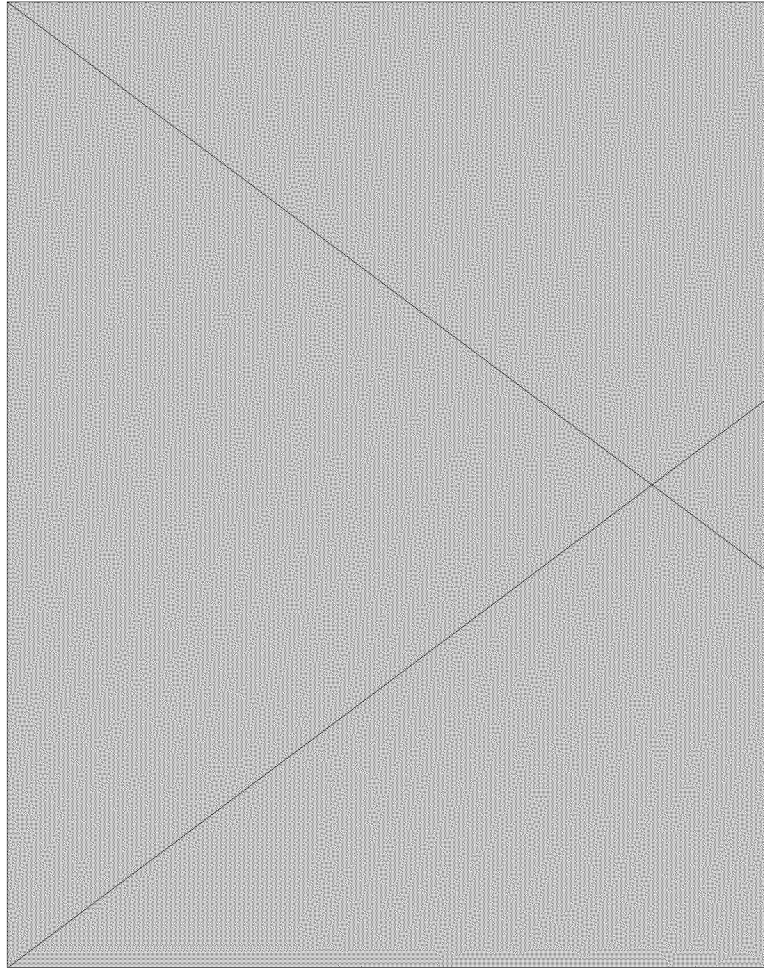
Just to let you know
I'm thinking of you today

No matter what situations life throws at you
No matter how long and treacherous your journey is
Remember there is a light at the end of the tunnel



You're laughing aren't you?
That's good 'cause my job here

Have a great day and remember
thanks....



Cats are so dramatic!

Now that I made you smile,
pass it on to someone else
who needs a laugh today!

No virus found in this incoming message.

