

I have had the pleasure to work with Boontiva Truong-Quang for the past eight years. We worked together on a weekly basis at The Elgin Mental Health Center for two years and we have co facilitated many workshops together at various studios in the Fox Valley.

My association with Boontiva has been nothing short of magical. She brings so much compassion, joy and acceptance to everything she touches. Along with being an accomplished yoga teacher and meditation teacher, she has many therapeutic certifications as well. Everyone in the Fox Valley knows her as she has been a beacon for yoga and mindfulness for twenty years.

Although small in stature Boontiva looms large in the hearts of her community; she has donated her time and energy to many charitable organizations working with the underprivileged and underserved. In my estimation she is a true Yogini, carrying herself with dignity, reaching out to her community and students while remaining joyful with a sparkle in her eye.

Working with Boontiva at The Elgin Mental Health Center changed my life. She taught me how to interact with mentally challenged individuals with clarity, respect and an open heart.

Sincerely,

Kenny Kolter  
Sound Therapist