
From: Faith Kates <[REDACTED]>
Sent: Saturday, November 15, 2014 5:10 PM
To: Jeffrey Kogan
Subject: Fwd: SONIMA

This is an amazing site created by even a more amazing person who has =dedicated her work and journey to helping others. This platform is life cha=ging. Hope you and yours enjoy it as much as I do...pass it ALISON </=iv> Happy life...
Xoxo

<[I'm pleased to announce t=e launch of a very special project, <\[http://r20.rs6.net/tn.jsp?f=001sKi1JD-Oe5y1rCVqhMWTUH-EwoL0ykvDpwJBZQa-vo4CE92=elNIcdE68rr5sPwdp47WNhfEnd1lwqgGrZaD4a1kqL3FAxxiLW3v9hcjyQpxowgn4XQ16FAEud=E9rckC_-cVNPOKF9KzqouMVgX-2e-nefMPmDYSrFVLh11G_Y=&c=nsSRllonPkt936=C-CwLeyyE-9pL6EWGNB11akHUtDSb8wHAcUy2Gg==&ch=s_DM5L2QDsdRvepcOGh=S6n3P9KE2q16w4N-tczKG_6kiqkzsT4abQ==>\]\(http://r20.rs6.net/tn.jsp?f=001sKi1JD-Oe5y1rCVqhMWTUH-EwoL0ykvDpwJBZQa-vo4CE92=elNIcdE68rr5sPwdp47WNhfEnd1lwqgGrZaD4a1kqL3FAxxiLW3v9hcjyQpxowgn4XQ16FAEud=E9rckC_-cVNPOKF9KzqouMVgX-2e-nefMPmDYSrFVLh11G_Y=&c=nsSRllonPkt936=C-CwLeyyE-9pL6EWGNB11akHUtDSb8wHAcUy2Gg==&ch=s_DM5L2QDsdRvepcOGh=S6n3P9KE2q16w4N-tczKG_6kiqkzsT4abQ==>\) - a multimedia platform that offers free online yoga classes, home workouts =hat align the mind and body, meditations, thoughtful articles on nutrition= tips to achieve mindfulness, and so much more. My long-time friend =nd business partner, Salima Ruffin, and I have developed Sonima.com <\[http://r20.rs6.net/tn.jsp?f=001=Ki1JD-Oe5y1rCVqhMWTUH-EwoL0ykvDpwJBZQa-vo4CE92YeNIcdE68rr5sPwdp47WNhfEnd1=wqgGrZaD4a1kqL3FAxxiLW3v9hcjyQpxowgn4XQ16FAEud=E9rckC_-cVNPOKF9KzqouMVgX-2=-nefMPmDYSrFVLh11G_Y=&c=nsSRllonPkt936zC-CwLeyyE-9pL6EWGNB11akHUtD=b8wHAcUy2Gg==&ch=s_DM5L2QDsdRvepcOGhTS6n3P9KE2q16w4N-tczKG_6kiqkzsT4abQ==>\]\(http://r20.rs6.net/tn.jsp?f=001=Ki1JD-Oe5y1rCVqhMWTUH-EwoL0ykvDpwJBZQa-vo4CE92YeNIcdE68rr5sPwdp47WNhfEnd1=wqgGrZaD4a1kqL3FAxxiLW3v9hcjyQpxowgn4XQ16FAEud=E9rckC_-cVNPOKF9KzqouMVgX-2=-nefMPmDYSrFVLh11G_Y=&c=nsSRllonPkt936zC-CwLeyyE-9pL6EWGNB11akHUtD=b8wHAcUy2Gg==&ch=s_DM5L2QDsdRvepcOGhTS6n3P9KE2q16w4N-tczKG_6kiqkzsT4abQ==>\) to be a tool for others to make health and mindfulness a priority.](http://r20.rs6.net/on.jsp?ca=2ac3b5af-568=-4147-b174-09a437220488&a=1119136285046&d=1119146839666&r=3D3&o=http://ui.constantcontact.com/images/p1x1.gif&c=9ccf46e0=6b6b-11e4-9686-d4ae528ed502&ch=9e227ad0-6b6b-11e4-96d4-d4ae528ed502></pan></p></div><div data-bbox=)

We believe the incredible=website content speaks for itself, but we need your help to spread the wor=! I encourage you to pledge your support to "live fit and free" =y posting the pre-drafted Facebook and Twitter content below on your social media channels to share our mission with your=online communities.

A personal letter is also=attached that sheds more light on the intention behind Sonima. Feel free t= share this story with others.

Dedicating a few minutes =ach day to be present, healthier and kinder makes a difference to all. Tha=k you for your support as we embark on this exciting journey!

Sonia

Facebook: I pledge to live fit and free with [tag] Sonima. Join me in making health and mindfulness a priority with this new multimedia platform! #Sonima

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