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**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 changing. Hope you and yours enjoy it as much as I do...pass it ALISON Happy life...  
Xoxo

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I'm pleased to announce the launch of a very special project, <[http://r20.rs6.net/tn.jsp?f=001sKi1JD-Oe5y1rCVqhMWTUH-EwoL0ykvDpwJBZQa-vo4CE92=eINicdE68rr5sPwDp47WNhfEnd1lwqgGrZaD4a1kqL3FAxxiLW3v9hcjyQpxowgn4XQ16FAEud=E9rckC\\_-cVNPOKF9KzqouMVgX-2e-nefMPmDYSrFVLh11G\\_Y=&c=nsSRllonPKt936=C-CwLeyyE-9pL6EWGNB11akHUtdSb8wHAcUy2Gg==&ch=s\\_DM5L2QDsdRvepcOGH=S6n3P9KE2q16w4N-tczKG\\_6kiqzsT4abQ==>](http://r20.rs6.net/tn.jsp?f=001sKi1JD-Oe5y1rCVqhMWTUH-EwoL0ykvDpwJBZQa-vo4CE92=eINicdE68rr5sPwDp47WNhfEnd1lwqgGrZaD4a1kqL3FAxxiLW3v9hcjyQpxowgn4XQ16FAEud=E9rckC_-cVNPOKF9KzqouMVgX-2e-nefMPmDYSrFVLh11G_Y=&c=nsSRllonPKt936=C-CwLeyyE-9pL6EWGNB11akHUtdSb8wHAcUy2Gg==&ch=s_DM5L2QDsdRvepcOGH=S6n3P9KE2q16w4N-tczKG_6kiqzsT4abQ==>)> - a multimedia platform that offers free online yoga classes, home workouts that align the mind and body, meditations, thoughtful articles on nutrition tips to achieve mindfulness, and so much more. My long-time friend and business partner, Salima Ruffin, and I have developed Sonima.com <[http://r20.rs6.net/tn.jsp?f=001=Ki1JD-Oe5y1rCVqhMWTUH-EwoL0ykvDpwJBZQa-vo4CE92YeINicdE68rr5sPwDp47WNhfEnd1lwqgGrZaD4a1kqL3FAxxiLW3v9hcjyQpxowgn4XQ16FAEud=E9rckC\\_-cVNPOKF9KzqouMVgX-2e-nefMPmDYSrFVLh11G\\_Y=&c=nsSRllonPKt936=C-CwLeyyE-9pL6EWGNB11akHUtdSb8wHAcUy2Gg==&ch=s\\_DM5L2QDsdRvepcOGH=S6n3P9KE2q16w4N-tczKG\\_6kiqzsT4abQ==>](http://r20.rs6.net/tn.jsp?f=001=Ki1JD-Oe5y1rCVqhMWTUH-EwoL0ykvDpwJBZQa-vo4CE92YeINicdE68rr5sPwDp47WNhfEnd1lwqgGrZaD4a1kqL3FAxxiLW3v9hcjyQpxowgn4XQ16FAEud=E9rckC_-cVNPOKF9KzqouMVgX-2e-nefMPmDYSrFVLh11G_Y=&c=nsSRllonPKt936=C-CwLeyyE-9pL6EWGNB11akHUtdSb8wHAcUy2Gg==&ch=s_DM5L2QDsdRvepcOGH=S6n3P9KE2q16w4N-tczKG_6kiqzsT4abQ==>)> to be a tool for others to make health and mindfulness a priority.

We believe the incredible website content speaks for itself, but we need your help to spread the word! I encourage you to pledge your support to "live fit and free" by 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 to share this story with others.

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

Sonia

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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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SONIMA | 851 S. Coast Highway | Suite 100 | Encinitas | CA | 92024

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