
From: [REDACTED]
Sent: Sunday, February 26, 2012 10:44 PM
To: Jeffrey; [REDACTED]; Jen jen

Went to bikram yoga!! 1.5 h work out in a steam room!! Thought I was going to faint, now feel terrific!!! We should do it together!!!

Sent via BlackBerry from T-Mobile

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version="1.0">
<dict>
  <key>conversation-id</key>
  <integer>211974</integer>
  <key>date-last-viewed</key>
  <integer>0</integer>
  <key>date-received</key>
  <integer>1330296240</integer>
  <key>flags</key>
  <integer>8590195713</integer>
  <key>gmail-label-ids</key>
  <array>
    <integer>6</integer>
    <integer>2</integer>
  </array>
  <key>remote-id</key>
  <string>208164</string>
</dict>
</plist>
```