



**Letters to Jack Fisher**  
**From the World Yoga Community**

1) If any of you would appreciate a deep, pure practice, Jack Fisher is here at Maui Lotus Yoga Shala Wednesday mornings at 8:00 a.m., teaching Ashtanga Primary Series. This is our most challenging class and I love it. I recommend to each of you, get your sweet self into Jack's class. Jack has a 30 year practice and he brings intelligence, humor, and the distillation of thousands of hours of practice to his class.

2) Thanks for all you've taught me, Jack. You've lifted my yoga practice to a higher level, and I'm happy we had the chance to know each other.

Michelle M. Myhre, Owner, Certified Yoga Instructor

Kihei, Maui

<http://www.mauilotusyoga.com>

<mailto:mishie@mauilotusyoga.com>

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Thanks much for sharing your amazing story which I finally had a chance to read today. That's pretty amazing that you were able to do intense Ashtanga practice with severe Aortic Stenosis for all those years. It's really great, too, the way your surgeons were able to recognize how vital your practice was to your recovery. I think you're right. There is a shift going on. Once again the patients are leading and the doctors, at least some of them, are following. Good luck with your continuing adventure.

Timothy McCall, M.D.

Medical Editor, Yoga Journal

<http://DrMcCall.com>

Your article "Awake At Last" is now published on Ashtanga.Com! Here is the link:

<http://ashtanga.com/html/JFarticle.html>

Thank you for contributing this work of art and piece of your life to our Ashtanga Yoga community. You reminded me of why I started this web site in the first place -- as a testimonial to the practice. You have opened up the way for other writers to come forth with helpful information about Ashtanga yoga as a lifelong practice. I am so happy to have helped you connect with an even larger Ashtanga Yoga "family." Thank you for touching my life as well. I will certainly direct students your way to benefit from your unique wisdom and experience in this yoga -- and life in general!

Betty Lai, Owner/Publisher  
<http://Ashtanga.Com>

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Just a note to thank you for your kindness. I enjoyed studying with you (at Ateeka's Teacher Training Retreat at the Kololea Retreat Center) and find your story admirable, touching and inspiring. Thank you for being so open and for generously sharing your heart with all of us.

Evelyn Pucinelli, yogini  
Maui

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I loved Jack's "Fundamentals of Ashtanga Yoga Class" class and loved his breath/inspiration analogy.

Elly Forrest, Yogini  
Maui

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1) Just a little note to thank you SO much for coming over to the West Side to share your wisdom and experience with us at the Art School at Kapalua. The afternoon was awesome for us -- I hope it was satisfying for you too! I always feel so great AFTER that kind of practice. You are a wonderful and inspiring teacher. We hope to have you back again for more fun and games!

2) I attended Jack Fisher's Primary Series Ashtanga class at House of Yoga & Zen (HYZ) today and it was awesome. Jack has recently resumed teaching -- what a gift! Jack is inspiring, compassionate and precise, all while having a most critical eye for keeping the Ashtanga practice in its most pure and alive form. He reveres Guruji (Sri K. Pattabhi Jois) and this honor comes through in his classes. DO MAKE THE TRIP to Makawao for Jack's classes -- he helped me to see how much deeper I can refine and finesse my own practice. I will be attending frequently! He offers constant encouragement on use of breath and bandhas, as well as does great subtle adjustments. Jack's chanting at the end

of the session is sublime.

Ateeka, Certified Yoga Instructor  
Kapalua, Maui  
<http://YogaWithAteeka.Com>

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I just wanted to say a quick hi and a huge thank you for the experience yesterday morning. I wish I had more time to practice with you, and I do hope to return to Maui soon and spend more time at House of Yoga & Zen. The entire experience now seems like a dream: waking up super early at the beach to drive to Makawao (more than an hour in the dark) to finally find the studio and then experience all that support and my body moving in ways I never even imagined it could... I've been practicing hatha yoga for more than a year now and have never worked with a more supportive teacher. I hope to see you soon...Thanks!

Jelena Todic, Yogini  
St. Louis, Missouri

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Jack, You are truly inspirational. I am in Florida with my Mom who had complications of a minor surgical procedure and is recovering well. I am going to share with her your story.

Frederick "Rick" Sands, M.D.  
Kaiser Permanente  
Wailuku, Maui

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I just wanted to drop you a line to say how much I enjoyed practicing Ashtanga Yoga with you on Maui. Hoping I can make it back to Maui before the year is thru.

Wendy Green, Owner, Certified Yoga Instructor  
Wendy Green Yoga Studio  
Monmouth, New Jersey  
<http://WendyGreenYoga.Com>

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Jack! How have you been! We THINK OF YOU ALL THE TIME. It's great that you are teaching again -- The world needs people like you who have true life experience along with a passion to teach!

Dennis Dean. Owner, Certified Yoga Instructor  
Yoga Del Sol  
Oceanside, California  
<http://yogamandiram.com>

Namaste, and thank you for sharing your inspiring story. Your shraddha and fearlessness reminds me of Arjuna, the "Mighty Armed One," after he has received the knowledge from Sri Krishna and is ready to do his dharma.

Leonard Perlmutter, Founder  
American Meditation Institute  
<http://americanmeditation.org>

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What a great piece of writing. . . I got all goose bumpy reading it. Your story is a most amazing tale -- it makes me want to choreograph something about it.

Edward Clarke, Founder  
Tripsichore Yoga Dance Theatre  
London, UK  
<mailto:tripsichore@msn.com>

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I am writing to tell you how inspiring I found your article (on Ashtanga.Com) and thank you for sharing your story! Blessings to you and may your good health continue,

Birdsong Sundstrom  
via e-mail from Sweden

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It's Monday and I'm still very sore. What a stretch! Great workshop (the Art School at Kapalua), enjoyed it very much! Aloha,

Jeff Onderko, Publisher  
Maui Real Estate Weekly

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You are a great yoga teacher. I look forward to taking your class again soon. Actually, you're probably the only yoga teacher I'll go to at this time. Aloha

Rena Morningstar, Yogini  
Kihei, Maui

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I just finished reading your article on Ashtanga.Com about your surgery and yoga practice. I myself am just a beginner, started Ashtanga about 1.5 years ago. But, I wanted to tell you that I enjoyed reading your story and that someone in far away Finland read it! Wishing you all the best.

Pia Hyle  
via e-mail

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Thank you for making a great vacation even better! An unanticipated but thoroughly gratifying three weeks of Ashtanga Yoga classes with you. You are a wonderful, challenging and knowledgeable teacher. Thanks also for my new words: Uddiyana Bandha and Mulabandha. I know I'll meet you again. Namaste 1,000 times.

Sue Weber, Yogini, triathlete, Westport, Connecticut

Our sincere and heartfelt thanks for your excellent and patient yoga instruction these past few weeks here on Maui. We hope to see you again.

Jen & Jacquie Dillon, sisters, yogini

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What a journey you have been on, companero. I enjoyed your article "Awake At Last" immensely, probably because it struck a few different chords with me: the yoga practice and how it informs our lives (although I've only been practicing a little over a year now), hitting my 50s and facing all of what that means; my love of Maui, and simply that it was a very well written piece (I write for a living and am a former newspaperman).

Lou Chapman, Yoga student  
Fort Worth, Texas

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Congratulations on your 30 years of yoga practice -- and many more to come! Thanks for your precious contribution to my yoga education.

Marie on Maui, yoga student

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Thank you so much for everything. I have had such a wonderful time learning Ashtanga Yoga from you. You have helped me so much and you have given me much of your wonderful knowledge and kindness. I'll always treasure my memories of studying with you. I also thank you so very much for everything you have done for the Ashtanga Yoga community.

Much love to you  
Keiko Armstrong

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My name is Prabhat. I am writing this message from my home in India. I am a yoga/meditation student. I was surfing the net and read about your story of going through surgery, recovery from it and your long time yoga practise being so helpful. I also have just undergone through a major stomach surgery (4 weeks back) and right now having a speedy recovery. I am 29 years old and started practising yoga/meditation only 3 years back. But, I find significant improvement both at mental and physical level because of my practise. I felt little bad about being not able to do my regular practise because of surgery (my doctor has advised me to start practicing only after 3 months). After reading your story, I was much inspired and increased my daily walks, so that I can also become strong soon and start my practices ASAP. Also, I was so much touched by your humbleness and your expression of gratitude towards your teacher helped me to realize the mercy and love showered on to me by my Guruji His Holiness Sri Sri Ravi Shankar. Thanks for sharing your story with everyone. It will definitely inspire many more like me.

Eternal Love,  
Prabhat Singh, India

I checked out your website and read your article (again) on Ashtanga.com. I remember when the article first came out. I read it then but did not realize it was you! I want to give you an extra thanks for being you; on my first trip to Maui a few years ago I walked into the yoga studio not sure what to expect and found you there “hanging out on the ropes.” You greeted me and told me what was going on that day in the studio and instantly I felt at home there. So.....Thanks!

Bobbie Misiti  
BeFit Body & Mind YOGA  
834 Market Street, Lemoyne, PA 17043  
717 443-1119  
<http://befityoga.com>

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Aloha Jack. I checked out the YouTube video... Wow! The video is wonderful. Your yoga is gorgeous and you have certainly worked with the best. You are also a very good instructor; I've seen you teach and you are so good at it. You are so lucky to be alive after what you went through. I had no idea it was that bad and that you were so close to death. Thank goodness for yoga and the lifestyle that you have -- I know that it saved your life. You are so full of energy and happy that you'd never know you went through so much.

Linda Costa (nee Ross)  
Waimea, Hawaii

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Dear Betty (Lai, Owner, Ashtanga.Com)  
Kindly accept my recommendation of Jack Fisher as a well-qualified and experienced Ashtanga Yoga teacher for Ashtanga.Com. He has been practicing Ashtanga Yoga steadily since late 1978, and has been a personal friend and long-time student of mine. He has studied extensively with Nancy Gilgoff at House of Yoga & Zen since 1987. He has taught his own classes and workshops here on Maui over the past 25 years, remaining faithful to the practice of Ashtanga Yoga as transmitted to him by Guruji and by me. He is well respected among his peers.

Jack has been my assistant at my classes here on Maui, and he has taught my classes while I was traveling off-island conducting workshops.

Jack has studied with K. Pattabhi Jois on five occasions here on Maui:  
1980: Two months in Pa'ia  
1987: Two weeks at House of Yoga & Zen  
1989: Two weeks at House of Yoga & Zen  
2001: Two weeks, 2000 World Tour, Haliimaile Gym

2002; Two weeks, 2002 World Tour, Haliimaile Gym

You know Jack for the article he wrote in 2003 about Ashtanga Yoga as his tool for recovery and rehabilitation from complex open-heart surgery:

<http://www.ashtanga.com/html/JFarticle.html>

And also for his YouTube video spanning many years of practice at House of Yoga & Zen:

<http://www.youtube.com/laghuvajra>

If you have any further questions about Jack Fisher's teaching qualifications, please contact me.

Om and aloha,

David Williams  
Maui  
www.AshtangaYogi.Com

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I am so pleased to be featuring you as one of the teachers on Ashtanga.com because you are such a wonderful example of someone who is truly living this practice. Teachers like you are giving Ashtanga.com a reason to continue.

Good luck with the upcoming new classes! I'm sure they will be great!

All the best,

Betty Lai  
Ashtanga.Com

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Ashtanga has probably brought you back to good health. Thanks for your tips during my Ashtanga years at House of Yoga & Zen. What a fine honor to be officially recognized as a teacher after your years of dedicated practice.

Namaste  
Donna Wilson

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How wonderful for you to have met great teachers all those years ago and put their teachings to such good use. How very gratifying. Relish your achievement.

Jim Wagner  
Maui