

To: [REDACTED]
From: [REDACTED]
Sent: Tue 3/18/2014 11:13:40 AM
Subject: Fwd: restaurants

She is signed up for yoga again however sat and sun 9-4 and wants to not be out late or go nuts. I think we meet on ealry side. Like 7

Sent from my iPhone

Begin forwarded message:

From: [REDACTED] >
Date: March 17, 2014, 6:03:56 PM EDT
To: [REDACTED] >
Subject: restaurants

I thought of a few other options:

Oak & Almond
Meditteraneo

both in Norwalk just over border

Cesco's Italian

is the one in Darien

or

South End (we could use our gift card)
Sole

It ends up that I am doing kinda a "once in a lifetime" workshop at my yoga studio this weekend...a very famous yogi named John Friend is hosting a workshop and I was able to get a spot so I am going to be tied up again this weekend from 9-4 both days...it was a big decision because I felt bad being gone again for another weekend but I really can't pass it up. He was the founder of a pretty mainstream form of yoga called Anusara. He has wrote many books and really has been all over the world teaching and doing yoga. He, like others you know, got himself into some trouble so has been a bit off the radar as of late; however, has just re-emerged. He was my instructor's teacher, mentor and very close friend for many years until the scandal. They have recently reconnected and so I am lucky enough to get to experience his teachings. [REDACTED] was teasing me because of the scandal stuff but it really is a great learning opportunity).

With that being said I still want to do dinner but was thinking maybe closer would be better...really don't care either way.