

SUMMARY OF OUR STUDENTS VALUABLE REVIEWS

Following is the very brief summary of the content of each Review / Feedback / Comment posted by our students in the public authentic websites. They are from the year 2010 upto December, 2017 , Comment No. 283 being the latest Review posted at the time of compiling this.

Since almost all our students are from IT / Software Engg.. (M.Tech & B.Tech from IITs and other institutes, MBA, MCA, B.E), and belong to all the states of India, these are not given in the summary below. These details and date / period of learning in our center are available in the posted text matter in the individual reviews in the separate link / following pages. Some o the reviews are very detail and they are marked with *, the reader may refer them.

The Professional & Personal details given in this summary below are the ones the students provided us at the time of joining our center. The student's email ids are referenced under the link Review & Student Details.

Comment No.	Name	Company / Occupation	My overall opinion on the Center / Training & Trainers / Daily Schedule etc.	Specific Benefits / Learned Useful Techniques in the Course	Unique Features or Aspects I Observed
December - January, 2017					
283*	Mr. Harish Kumar	Ex.Sr.Manager Intel	I would unhesitatingly recommend them to anybody who wants to learn Holistic Yoga and make it a part of their daily life and I decided on them after lot of research. Teachers are very pleasant and positive and approach this with a sense of service	I am very happy with learning Yoga from Sai Paduka and seeing a difference in my daily energy already.	They focus on all aspects of Yoga (including Prathyahara), the very essential (non-denominational) Spiritual aspect. They have a set of health drinks at the end of each session
282	Ms. Kaveri	WIPRO	I would highly recommend your course to anyone who is interested in pursuing this path of yoga	Its been a great learning experience and I've made so many gains in strength, flexibility, and overall focus	Well designed course for overall development of mental and physical strength
281	Mr. Bhargav	Rossell Techsys	I am enjoying the class and also i highly recommend this is best place	Apart from fitness, we need to make sure our mind is fit and we enjoy our life at every situations, yoga helps us to shape our mind and soul.	They also provide good herbal juice
280	Mr. Narendran	DEL	If you are looking for a difference in your life through Yoga and meditation, I would highly recommend you to start from here		Absolutely satisfied with what I've been learning. It is not just Asanas, also a complete package with all essentials of life
279	Ms. Sujatha	KPMG	I strongly recommend, It is a wonderful yoga centre, they follow the schedule on each day		Herbal juices provided at yoga centre

278	Mr. K S Prabhakar	SRI	The place: quite serene and have enough space to accommodate people well.	Their Program is holistic and they take care of your individual needs	They provide free ayurvedic/herbal juices
277	Mr. Rahul	Deloitte	I would definitely recommend everyone to join here. The technique they teach is amazing.	I get inspired everyday	Teaching yoga with values of life
276	Dr. Ms. Deepa	Dentist	This is the best yoga center the care and the way they teach is awesome	It is more beneficial and relaxed. I feel satisfied of these classes	
275	Mr. Srinivasulu	Mcaffee	Great learning experience, the instructors have a huge amount of knowledge and experience in the field. In addition, they guide for a better living. Truly satisfied.		
274	Ms. Sneha	unisys	I must say this is a recommendable yoga centre.i can see the improvement in myself that too I like meditation after yoga, that is very helpful for me		
273	Mr Rohit	Quintiles	learnt lot of yoga postures and meditation techniques that have helped me improve both physically as well as mentally.Here every day different types of Pratyahara are discussed	Explain about mudra or even about the different herbal juices that they provide	
272	Ms. Sindhuri Reddy	ericson	I definitely recommend people to join this yoga institute	Relaxation techniques and meditation really help to alleviate the stress and focus on the core problem. The pratyaharas will act as guidelines to deal with the problems. emphasise on mind development through teaching pratyaharas. They are positive ideas with logical touch. I find them very helpful when we apply them to deal with day to day situations.	
271	Ms. Priya	L & T	I would Highly recommend this yoga center	I have got lot of benefits,daily 20min of meditation which help us to keep active whole day and emotional healing and positive thinking	This is one of the best yoga center,special part of these yoga center is Mr.jayakumar sir and madam who listens our problems and give best solutions.
270	Ms. Kency Kurian	ericson	I do recommend and have recommended many of my friends to join. Sir and ma'am are so keen and passionate about what they do and that really reflects on the success of this yoga centre	They have guided me well for my interviews which I did crack	Each day there will be a discussion on one Pratyahara. Mudra techniques, Herbal juices
269	Ms. Janaki Dwaraknath	Lecturer	It is Very best Yoga Center for the Students who wants to learn the Yoga .	It was very helpful for me and my son Sairam .	It gives me an immense pleasure that God has given me a great opportunity to learn Yoga and Rejuvenate the body and the mind through SaiPaduka Yoga Center

268	Ms. Harisha	Hexaware	Its been three months that I have joined in Sai Paduka Yoga Center. I had seen changes in myself both physically and mentally	Audio meditation classes made a good impact on me. Emotional healing and positive energy will be built within ourselves	Ayurvedic juices will be given, which are very good for health
267	Mr. Harikiran	Sandisk	I would highly recommend this yoga center to everyone		Talk relating to mind management techniques which are worth listening to
266	Ms. Kokila	Oracle	I strongly recommend this yoga center for anyone who are searching for yoga	It has really been a very fruitful experience. My pain has considerably reduced. I am able to manage any stress level at office. My confidence level also has increased.	
265	Mr. Zubin Thomas	Cap Gemini	The yoga classes at Sai Paduka has been outstanding and a great experience for me. I am continuing the classes as I have seen a lot of changes in myself as a person. It has been a privilege and a blessing to learn from great instructors. Thanks a lot for the classes and for all the support in learning.		
264	Mr Kishore	Cognizant	Recommending, Guidance to problems, Kind teachers, Varying daily schedule, Useful Meditations	Feeling better after joining	Herbal Juice, Guidance to handle pressure in daily life
263	Ms Dhanalakshmi	Lufthansa Tech	Strongly recommending, knowledgeable & very kind teachers, benefits of techniques explained & variation in schedule, , Good meditations & Relaxations	Really helpful for improvement in Life	Mind Mgmt. Techniques through Prathyahara, Optional week end Spiritual studies
262	Mr Shailendra	EMC	Highly Recommending, Very authentic, Knowledgeable teachers, Teaching Techniques for specific issues,.	Benefit giving Asanas, Useful Meditations & Relaxations	Week end optional Spiritual class
261	Ms. Shabhana	Accenture	Highly Recommended for joining without a second thought, Dedicated Teachers & Teaching	Chronic leg pain & back pain reduced	Liked the yoga session from first day
260	Ms. Sasitha	Honeywel	Dedicated, kind and knowledgeable teachers (Sir & Madam).	Able to focus better on my Personality Development and learning to control anger	Great pleasure to learn

259	Ms. Sharmila	Mphasis	Good center to learn Yoga & Personality Development. Sir & Madam are Very kind & helpful.	Good improvement in my health issues	The best decision to join Sai Paduka
258	Ms. A. Nivetha	Infoway	Effective & Wonderful teaching by Sir & Madam	My lower and upper back pains completely gone	Benefits within one month
257	Mr. B. Anji Reddy	Cognisent	Good to do yoga at the center, Daily variations	feeling very happy having meditation	Good Herbal juices & Spiritual studies
256	Mr. Y Raja	DEL	I advice others to join to make life much better & Happier, Really Nice Teaching by Sir & Madam. Individual attention Daily some different Practices	Teaches Techniques for Concentration,, Anger & Ego Mgmt, WeightReduction. Really satisfied,	Awesome experience, Feel blessed
255	Ms. Sneha	BOSCH	Hope many more people join and benefit from this course Focussed on traditional Yoga, , Attention to	Back pain considerably reduced,, Feel Calm & Productive after Meditations	I specially love 'Prathyahara' (MMT) a very fruitful experience
254	Ms. Varsha Gupta	Tek System	Best Yoga classes at affordable charges, Supportive Teachers		Teacher's passion towards Yoga Inspired me.
253	Jennifer Pinto	TITAN	Mr Jaykumar & his wife are such wonderful teachers. They are so selfless and giving when it comes to yoga. They teach not only asanas but essential principles of life as well. I love this yoga center		Learned Principles of Life
252	Mr. Sagar Barua	Job Change over	One of the non-commercial Best Yoga Centers in Bangalore giving best possible yoga Training & Traditional Values .	Helpful Meditations,	Learned to be Peaceful & face any problem in life.
251	Mr. Rahul	Lecturer, CMRIT College	Best place to learn Yoga, Meditations & Spiritual studies,		Teaching for Health & Happiness, Continuous Motivation for Peaceful & Stressfree Life,
* 250	Ms. Anjali	Lecturer, Saptagiri College	Best in Marathahalli, Affordable charges, Guidance to do yoga without strain, Clear Instructions	Improved Physical / Mental health & Concentration	Life changing Experience, Teaches Principles of Life, Herbal Juices. (Detail Feedback, pl see)
249	Ms. Teja Ramakrishna	Accenture	Really Suggesting others to join.	Feel Confident & Happy.	Get Positive Energy. Special Tips for Specific Problems.
248	Mrs. Rajeswari Seetharaman	Housewife	Great Satisfaction, Very Friendly Teachers, Individual attention.	Weight Reduction : Reduced more than 5Kg in 3 months, Improved Flexibility.	Overall, very nice and positive experience, Audio && Video for better learning.

247	Ms. Maheshwari	Accenture	Strongly recommending,	I find yoga as an excellent technique for Weight Mgmt & Healthy Mind	Developped Positive Energy., Videos & Audios helps to learn better.
246	Pooja	Oracle	Sai Paduka Yoga Center has been blessing my life since Day 1 class, one of the best I have ever been to.	Improvement of body flexibility, concentration, memory and good maintenance of overall physical and mental health	Tasty health drink (after 1 hr. yoga) and the class ends with a 20 minutes meditation.
245	Mr. Dilip Kumar	HAL	Sai Paduka Yoga center is a good place to learn yoga. At with individual attention, Specific needs are taken care		It was really wonderful experience learning yoga at this place
*244	Mr. Chandrashekar	Accenture	Strongly Recommending	Weight reduction, back pain reduction, general fitness, eye workouts, breathing exercise etc	Very useful for everybody as it teaches the ease of working Detail Review (pl. see)
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243	Ms. Yogita	Professor, New Horzon College	Excellant Yoga Center, Individual attention, Different daily schedules.	Weight Mgmt, Meditations & Relaxations for ?Stress reduction	Lot of Positivity, Inner Happiness, Special Tips for problems.
*242	Ms. Janaki Devi	Cognizent	Strongly Recommend	Improvement in Concentration, Productivity & feel good Physically.	Improvements in my professional and personal life. (Very Detail feedback pl see)
*241	Mr. Vishnu	Infosys	One of the best yoga center, Easily approachable tutors,	Improvement in Concentration, Memory, Flexibility, Physical & Mental Health	Reduced use of Medicines. harmony in the class Environment. Assistant to overcome the fear of disability (Very Detail Feedback, pl see)
* 240	Mr. Hemanth Kumar	Bosch	Yoga Center for better Physical & Mental health and good lifestyle, Friendly Teachers & guidance for correct practice.	Better Health.	Every Physical & Mental Problems has a Solution in Yoga. (Detail Review, pl see)
* 239	Mr. Rupesh	Thermofischer Scientific (previously SONI)	Highly recommend for healthy life, the best in Marathahalli. Very Good Space & Ambience, Individual guidance to correct wrong practice.	Feeling very healthy and happy since i joined yoga	Natural juices Herbal tea etc free of cost daily to increase immunity, digestive . (Detail feedback, pl see)

* 238	Ms. Gayatri M	Accenture	I'm so happy that I have joined Sai paduka yoga center, Sir & Madam are Amasing Human beings !	Attended Yoga, Meditation & Spiritual classes. Significantly helped me in a lot of different ways in Work && Personal Pressure	Complementary health drinks, healthy tips from mam are additional perks. (Detail Review, pl see)
237	Ms. Rupsi	IBM	I advice others to join the class & make your life much more happier and better. Nice Teachers, Different Asanas on different days.	Relieved from cervical <i>spondylitis</i> & <i>giddiness</i> , joint pain; Learned Techniques for Concentration, Stress / Anger Mgmt.	An awesome experience.I am really satisfied and blessed. Provide different juices.
236A & 218	Mr. madhava	UST global	Strongly recommend to join and experience yourself, Nice Experience under the guidance of Sir & Madam.	Helped to calm the body and the mind, improve my physical fitness and tremendous mental peace & full of energy throughout the day. I noticed a distinct improvement in myself.	Sir and madam are excellent, kind hearten person and they always try to help all the students and explains everything clearly. It is more worthy to join.
* 236	ms. Neethu jain	Housewife	This is the best yoga center in Bangalore and I advice others to join, Individual attention & doubts clearance, specific tips for specific problems	Feel rejuvenated and it keeps me active the whole day. Extremely satisfied and blessed	Feel so involved in the class that time flies by and we do not even realize. There would no other teacher anywhere as good as the teachers here. I really adore them a lot and we are like a family together. Healthy herbal juice after the class. (Very Detail Feedback, pl see)
* 235	Mr. Jeke Kumar	H P	This is one of the best place to learnYoga.	Reduce stress,negative thinking and my concentration and confidence level got improved a lot. Really got lot of Benefits.	Everyday there will be different yoga Asanas so that you will gain interest and motivation to come regularly.(Detail Feedback, pl see)
* 234	mr. Jayandran	Audience Communication	I strongly recommend Sai paduka yoga center in general to everyone. You have to try it to see what wonders yoga can do to your body and mind. sir is not only a recognized and well experienced yoga teacher, also a researcher of spiritual studies more than a decade. Thank you Sir & Madam for your selfless service to the society.	At the end of every yoga session and the spiritual classes I could experience a kind of spiritual bliss. One of the very few yoga centers which teaches the full fledged yoga (Asanas, Pranayama, Meditation & Pratyahara) & Spiritual Science.	A unique place, people are highly valued. The xperience I can carry through out my life, this is a life changing journey. My deepest gratitude to Mr. Jayakumar sir for the guidance you have provided me to move into the world of yoga and the spiritual science. (Very Detail Feedback, pl see)
233	Ms. Swarna	TCS	This place for learning Yoga & Meditation is different from many other expensive yoga centers for beginners .	Made a good impact on me mentally. Emotional healing and positive energy is built within ourselves	Varieties of ayurvedic juices which are very good for health

* 232	Mr. Siddarth	Microsoft	Undoubtedly this is one of the best places to learn Yoga, where you are not only taught the asanas but also way of life. Course curriculum is structured in the most efficient way. personalized attention.	Brought me a great change both physically and mentally. My concentration levels have gone up and anxiety levels have gone down which resulted in a higher productivity. concentration, creativity, obesity, breathing problems, etc are addressed.	Provides personality development Wonderrul experience at the Yoga center. It strives to spread the true potential of Yoga that is not just restricted to the physical benefits
231	Mr. Vinay Khanna	Job Change over	Whole heartedly recommend this Yoga Center to everyone. Both Sir & Madam are very helpful & patient	Includes Asanas, Pranayama, Meditation & Pratyahara (nuggets of wisdom for daily living	
230	Ms. Himaja	Emphasis	Very much organized Both sir and madam are very helpful and provide personal attention	Meditation class is also very useful	Homely.
229	Mr Krishna Yadav	Ret. Dietician & Nutritionist	Service oriented, not commercial	Weight reduced by 3 kgs. Earlier I was unable to sit on the floor (having severe arthritis) now am able to sit	Yoga master and madam are dedicated Yogis curing physical and mental health of so many like me
* 228	Ms. Priti	CISCO	I personally recommend you to join this center. Sir & Madam give personal touch, Specific needs and concern	I am Flexible and mind is more calm and helped me deal with my sleep disorder, great relief from the menstrual cramps.	The best thing I like is Sir always quotes his own example and help us understand the Pratyahara and the Bhagwat Geeta life lessons in a very simple manner. Variety of herbal juice. improve our public speaking skills. (Very Detail Feedback, pl see)
* 227	Ms Rekha	NOKIA (Software Dvn.)	SaiPaduka yoga center came to me as a blessing	Helped my Migraine & Sleep disorder & becoming a better person and leading a quality life	Yoga center has lot of positive vibes. (Detail Feedback, pl see)
226	Mr Balamurugan	HCL Tech	Extremely satisfied, Sir, and Madam treating everyone as their own kid	Relief from Insomnia and Vertigo problem	There are no words to describe my happiness
225	Ms. Deepamala	Housewife	Strongly recommend this centre. Sir and Madam give personal attention		The centre is so tranquil and pleasant feels like olden gurukul in modern times
224	Ms. Naga Chaitanya	Brocade	SaiPaduka is a complete package for Body & Soul	Feel lighter, able to keep my mind calm, think better in stressful situations and have become a better person.	Pratyaharas discussion have really brought peace to my mind
223	Mr. M G Jayaram	Business	Join this class for good and positive results and solutions for your problems	Gained self-confidence and inner peace, improved flexibility & Stamina of my body.	Yoga gives mental peace and physical stamina which I have gained from your class

222	Mr. Sabarinath	Wipro	I can assure that this is the best yoga centre in Bangalore. Learn more than 6 techniques. You attend one week without break, you will never skip later, because your body and mind will start to like it	Body has become unbelievably flexible, I am feeling calm, happy, and confident	Spiritual science(learnings from Bhagavad-Gita
221	Ms. Tulasi	Housewife	Best place to learn yoga	Feel very relaxed & refreshing. Improvement in physical stamina	Very peaceful place, helps in relaxing your mind.
220	Mr Laxmish Kamat	Oracle	I suggest if anyone interested can contact. Teaching with enthusiastic was nice	Makes me to do better and better	Yoga center is nicely organized and classes start on time daily.
218	Ms. Sangeetha	Housewife	I am very much glad to inform that Sai Paduka yoga center is very good. sir and madam are very knowledgeable, supportive and kind hearted. Price is also very reasonable per month	Learned Asanas, pranayama, meditations, spiritual things	Pratyahara daily to improve decision making in ones life which I like more.
217	Ms. Gunasheela	Thomson Reuters	I recommend strongly this yoga class who wants to learn yoga with details of its benefits at Reasonable Charges. Supportive mentors both sir and madam you can discuss freely any issues.	I found many changes in myself both physically mentally, including stress management	Calm environment
216	Mr. Mohan	TCS	Its very good training. Personal care taken for every one, well explained. I recommend this yoga centre		
215	Ms. Lakshmi	Quintiles	I can suggest this yoga center to anybody without any thoughts. Sir and madam are wonderful, very knowledgeable and kind hearted persons	I have seen lot of change. Everyday have one different schedule like stress and anxiety management, weight reduction, memory management etc	I am so happy that, I joined Sai Paduka. It is a very great experience
214-C	Ms. Beena & Niyatha	Housewife & Dentist	Recommend this centre to all inspiring souls. Mentor full of wisdom passion dedication sincerity love and care	Life starts being in harmony and you start enjoying the beauty of it	The positive vibe you get the day you join here keeps on increasing every passing day

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* 214-B	Ms. Jnana	Housewife	It was a excellent course and best yoga centre that I can recommend confidently. Individual attention.	If we meet right people, we will be in the right path. Learned stress and anxiety management, weight reduction, memory management etc	Sir tells Pratyahara and about Bhagavad-Gita, the value of life. It is the best place to change yourself as the best person as mentally and physically. (Very Detail Feedback, pl see)
214-A	Ms. Anusha	Software Engg.	I strongly recommend others	I am seeing lot of changes in body and mind, learned concentration and memory techniques to prepare for	It is a very good place to learn and to practice yoga The course is planned in such a way. They also teach us
213	Ms. Ayushi Mathur	EMC Sq	Do join them and experience true yoga, sir and mam are very kind and generous.	It was a very refreshing experience for me and I really enjoyed my time	True yoga in a homely environment with parent like teachers.
212	Mr. Kannav Singla	Acentire	It was really a great experience and proved to be worth doing	Helped me improving concentration stamina and getting better sleep	Lot of herbal juices which are also worth taking
211	Mr. Chinnareddy	HP	Good experience to join your yoga center. Sir has a clear and in depth knowledge on Yoga. Individual attention.	Relief from Lower Backpain, Learned Techniques for tonning Cardiac, nervous, digestive, Spinal, endocrine, & Anxiety, Anger Mgmt. and memory and concentration Improvement.	Daily classes are very well planned & Sessions are never made bored as we learn new techniques each day. program always starts with the induction class which is mandatory for every one
210	Ms. Yavana	Emphasis	Good place to relieve from stress and gain fitness to body. different posture on daily basis and schedule was planned properly	Helps de-tox the body	Guidelines of the mentor was good and simple to follow and yoga masters are very good
* 209	Ms. Jalavati	Mysticliffe	I am so happy to joined Sai Paduka for learning Yoga! the best decision ever! Great experience with amazing people .Sir, the most admirable and inspiring person i have ever seen	Learned so much about myself, grew as a person and became much more confident	The moment i stepped into the institute i feel like I am entering into a temple. Words cant describe what an amazing journey it is. No wonder people keep coming back.
208	Mr. Dhanapal	S M Engg	I strongly recommended saipaduka yoga center	Helped to Improve my physical stamina and concentration, relax myself from work tension	Prathyahara teaching helps to improve Decision making skill. I am approaching my problems different way it helped me to solve the problems and keeps me HAPPY

* 207	Ms. Aiswarya P.L	Incture	"Sai paduga" a second home for me. The course set up is wholesome and uplifting.	A source of inspiration. Learned Asanas addressing specific needs/ disorders , peace instilling Pranayamas.	Thought-provoking Prathyaharas and advanced meditation techniques to kindle the spiritual journey are more than obvious. I thank Mr and Mrs Jayakumar from the bottom of my heart for setting up this center and giving us a chance to know a better meaning for LIFE
* 206	Mr. Chakravarthi	Zora	I strongly recommend here. Its complete package of yoga, meditation and spiritual science.	Stress and Anxiety are completely manageable now. I am seeing lot of changes in me in terms of body and mind	Daily one pratyahara which is very helpful in our daily life.
205	Ms. Bhavya Reddy	IronMountain	A perfect place to get rid of your stress and realize the importance of Yoga in daily life	Feeling really good with lot of changes in myself. It is complete relaxation for Mental as well as Physical stress.	Teaches Different mudras and its healing effects, importance of diet in our daily life
204	Ms. Nipuna	AMD	You can blindly go and join, Sir and madam pays more attention to each one	Its a very good experience	
* 203	Ms. Geeta Lakshmi	Indian Bank	Meditation practiced here are so effective and relaxing that I get good and peaceful sleep without any bad dreams. Sir and Mam are so kind that they hear my problem and give solution	Classes for anxiety reduction has helped me a lot to get rid of stress and depression. Previously I used to be occupied with negative thoughts always but I am able to see positive aspects in every point of my life	Prathyanara (daily thoughts) have helped me to change my point of view as how I tackle the problem. the spiritual classes which are held every Sunday is an eye opener to Bhagavat Gita
202-B	Ms. Sincy N s	Nurse, Rainbow hospital	Good experience from this institute	I reduced my stress and tension. Weight reduction class is very useful	Provide juices; - herbal ingredients is very useful to us
202-A	Ms. Vijayalakshmi	C A Technologies	I highly recommend this yoga center	I am leading peaceful life after joining yoga classes	Environment and Facilities (i.e dress changing room, hot water to drink, yoga mats, tissues etc) are good
201	Ms. Iswarya	allstate	Wonderful experience. If anyone is looking for yoga classes, I strongly recommend. Sir and mam are very friendly and teaching is well organized	I found it very good both physically and mentally. Learned Techniques for digestive toning, other day for physical flexibility, joints strengthening, thyroid problem, anxiety management etc	Teach Pressure points for headache, stomach pain etc which is very effective
200	Ms. Deepa	Student	I really benefited with the yoga techniques and I am really happy with the results		This class also helped me with spiritual knowledge

199	ms. Sujatha	Teacher	So many thanks to sir and madam for their way of teaching and explaining and also personal attentions for solving my problems	Mudras, Kapal bhati, Branmari and so many such other technics taught by sir and madam really helped me a lot for Migraine & Obesity.	I found a new way of living a life
198	Mr. Aayush	Aroma	Teaches yoga in such a way that you fall in love with yoga		
197	Mr. Haran	Test Engg	Highly recommended, Join without a second thought and change the way you look at life . Very comprehensively covered, No one can organise any better Yoga programs,everything right from the basics to advanced practices are explained lucidly.		Spiritual discourses are discussed to expand knowledge holistically for interested people
196	Ms. Priyanka	Student	It was a new learning and thoughtful experience		
195	Ms. Asmitha	quintile	The yoga centre is the best, Sir and ma'am pay personal attention to each one of us	I have achieved a sense of physical and mental well being	
194	Mr Ankit		Overall it was a very nice experience for my mom. Sir along with his wife is a perfect team to teach Yoga.	Whenever my mom is going to visit Bangalore, she will join the yoga center	Unique thing about this yoga center that daily you will be served with one kind of healthy Juice after yoga which will be very refreshing
193	Ms. Vidhya	Software Engg.	Sir and madam are extremely knowledgeable in yoga, meditation and spiritual science.	The way of conducting classes and the well maintained schedule is very much beneficial.	Pratyaharas - bringing it to practice. The interesting things are knowing yourself. Sir's ability to connect with the students is whole and instinctual, which makes this class much more potent and alive.
192	Ms. Prajaktapraj	EMC Sq.	Its a good place to learn yoga and trainers pay personal attention. They cover various areas		
191	Mr. Althaf Hussain	Aricent	It is really wonderful experience	Develop the self confidence and improve my flexibility and concentration., learned Stress Mgmt	Different natural juice and felt good for body and mind

190	Mr. Srikanth	A Q	Sai paduka is the perfect place for learning yoga and keep yourself healthy. The guidance by trainer is very good	variety of technics are offered here. Like relaxation, stress management etc which is aligned with current needs IT crowd.	
189	Ms Prasanna	Homemaker	It was an amazing experience and I would like continue. sir and mam are very active and have very much patience in explaining and teaching the postures to each and every student perfectly.		
188	Mr Amit Kumar	Ibm	I would suggest others to give a try. Sir and madam are very experts in yoga, they listen to you patiently and teaches and helps you in learning yoga correctly	I have been benefited a lot in this one year which can't be described. Helped physically & Psychologically	Pratyahar is very very useful in daily life. The way of thinking and Perception will change by those Pratyahars.
187	Ms. Nazia	Student	Sir and madam are very experts in yoga, they listen to you patiently and teaches and helps to learn yoga correctly They are very accommodative and life experts	I am able to concentrate well, Improved Memory.	
186	Ms. Priyanka Ghosh	Lecturer	I would advise others to give a try , Sir and Mam take utmost care to make us do all the stretches and asanas so easily	Remain calm and hold back my anger when things are falling apart and confidence boosted up, as I am preparing for my upcoming lectureship exam. I have hypothyroidism and regularly practicing the five asanas for it. . I have benefited a lot in this one month, both physically and psychologically	Learnt synchronization of body and mind,
185	Mr. Chandrasekhar	Cap Gemini	The Yoga classes were very good.	Definitely there will be a positive change in my life	It helps to get positive attitude and confidence.
184	Ms. S Anandhi	Student	The classes are very nice and interesting and asanas are very easy to do. Sir and madam are very friendly, madam taking an individual attention to every person. Thank		
183	Mr. Bala Sanjeev	HCL Tech	Yoga class is very useful and easily understandable. They teach very nicely and help us to develop the self confidence and improve our concentration.		good for hair growth and reduced body heat.
182	Mr. Chandrasekhar	Metricstream infotech	I believe Sai paduka yoga center is the best place to learn yoga.		

181	Ms. Saranya	Software Engg.	Excellent place to practice yoga, the individual care given to each students by sir and mam is appreciable.		Sir shares nice thoughts (Prathyahara) in each session which will motivate us.
180	Mr. Srinivas	Maxim Integrated	the amla juice, shampoo, hair oil since more than 3 years. There is wonderful result with these products and I am very		
179	Ms. Abhinaya	Accenture	Overall experience was good. They teach postures and asanas for almost every part of the body Individual attention	Body and mind felt totally relaxed.	The classes are interesting and I am really glad to choose this yoga center.
178	Ms. Sanjika	Software Professional	The classes are well organized and managed. They were also interesting. individual guidance and attention	The asanas, mudras and meditation are beneficial not only for physical problems, but also for the mind.	prathyahara (thought for the day) was really useful
177	Ms. Komal	Accenture	I found the classes very helpful in learning various breathing practices, asanas and exercises to tackle various health issues. Everyone gets personal attention which is very good and I thank both Sir and madam		
176	Mr. Achresh	Accenture	It was a wonderful experience attending yoga classes among 9-10 people in the morning. Proper guidance is given for all the asanas and exercises.		Remedies are suggested for various health issues as well
175	Mr. Sandeep Kumar	Software Engg.	It was very useful and this Yoga Center is an excellence place to learn yoga under proper guidance of sir and madam. They give personal attention to everyone. I sincerely thank both of them		
174	Mr. Afroz	Student	I Came to Know more about Yoga.Yoga keep us healthy and help us to clean from internally.	Concentration and memory Techniques are best. These are help me for preparing to interviews.	Prathyahara's and spiritual speeches are helpful make me to know about me and society
173	Mrs. Janaki Rajan	Housewife	I am happy and thankful for choosing this. Asanas are taught easily & emphatically with all its benefits and with individual attention	The class is energizing and even a class missed makes me feel. Each class is a good stress reliever and every part and organ of the body is taken care of in the asanas	
172	Ms. Shalini	Delloit	The Yoga Center is an excellence place to learn yoga under proper guidance of sir and madam. They give personal attention	Help with pressure points to alleviate various ailments.	
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171	Mr. pravin Kumar	Infinite	The Yoga classes are very beneficial and felt very happy. Reduced body weight, Stress, anxiety. my concentration and physical stamina has considerable increased and stress is reduced, my general mental and physical fitness has improved. I feel much better on a daily basis even at work. Sir and Madam Guide during the yoga practices.		
170	Ms. Vasantha Rani	Wellsfargo	I am very happy that I came to know about Sai Paduka Yoga Center	I can experience the positive effects of yoga now	

169	Mr. Satish	Cognizant	Classes are well organized, Guidance by both sir and madam is very good and they take personal care.	Feel the positive difference it made in my daily life	Yoga center is in a very peaceful atmosphere
*168	Mr. Devendra	Sapient	If you are looking for Yoga classes this is the best place	Relief from Fibromyalgiya (Backpain)	Prathyahara" teaches us how to conduct ourself better and lead a healthy life
167	Mr. Naresh Reddy	Thomson	Excellent guidance provided and extra care for achieving our goal	Helped me to loose wait and better breathing patterns	Leading better personal and professional life
166	Mrs. Kavitha hariharan	Housewife	I recommend this center for proper yoga learning .	I am able to teach my kid and husband	Classes were very prompt and neatly managed
165	Mr. Surya	Jabong	Perfect place to have your yoga guidance! The classes are designed in such a way that all the body parts are covered In addition if we require any extra Asanas for particular ailments, that is also taught		To learn yoga and to have a spiritual awakening then Sai Paduka must be your Destination
164	Mr. Rohit	ABB	Overall, it is Very good.Learnt various relaxation techniques. The Teaching is really good.		
163	Mr. Vinod Kumar	Software Engg.	Its really good	It is very much helpful physically & mentally	The teaching will be kind and clear
162	Ms. Akshara	delloit	The Yoga classes very beneficial	It's not only the backache , but my general mental and physical fitness has improved. I feel much better even at work	Audio and video assistance during the class is also beneficial for students
*161	Mr. Narasimha	Polysom	Recommend any one looking for a rejuvenating 1 hour a weekday session.	Feel Confident & Happy.	MMT through Prathyaharas, Spiritual teaching of Gita
160	Mr Sai Srinath & Mrs Samatha Srinath	HP	Very helpful training, Caring Trainers, Individual attention, Good daily schedule	Weight & Stress reduced, Immunity increased, Thyroid problem addressed	The pranayama, asanas and mudras help in reducing a lot of health problems
159	Mr. Udhay	TCS	The best one can get if you are a beginner	Provides a wholistic program.	Pratyahara. Beautiful condensed easy to remember principles which when imbibed could lead to a profound transformation of our life
158	Mr. Venkat	ntt Data	To learn yoga,Sai paduka is the best place	I learnt yoga to concentrate on my work	Learn many good things which will make our life very beautiful

*157	Ms. Hema & Mr.Srinath		Me and my husband had good experience & is the best yoga centre that i can recommend confidently.	Personal health benefits,self improvement sessions,comfortness,	
156	Mr. Narasimha Reddy & mrs. Usha Reddy	HP & Oracle	It was an excellent course and I strongly recommend it for others.	There are many benefits	Thought of the Day describes how and what we should take care in our life
155	Ms. Perline		I liked the class very much and it is very useful.	They teach yoga in a very proper and help us to enhance and maintain our health and provide peace	
154	Mr. Sudharshan	Izi	I found this yoga program very useful. In short period, I learnt a lot of valuable meditation techniques and asanas.		
153	Ms. Nethra	Black turtle	A brief but comprehensive lifestyle education program based on yoga		Reduces risk factors that lead us right into the biggest objection
152	Ms. Sowjanya	Software Engg.	Join now, u can definetly get benefits	Benefits like fat belly reduction,mental relaxation.	Good inspirational words really make a difference physically and mentally
*151	Mr.R. Vishwanath	Arm	I strongly recommend others. I have no words to describe...	Helped to overcome Maxillary Sinusitis, reducing weight,improve Concentration, memory, strong will etcâ	
150	Ms. Suma	Lsi	I recommend your yoga center to anyone to start yoga	Helped me in building my physical stamina & concentration	I really liked all the techniques you teach
149	Mr. Lokesh Sharma	Sap	Strongly recommended	Every second is beautifully planned, never seen such a perfectly planned schedule	
148	Mr. Sarvesh	TCS	Enjoyed my days learning yoga course	The course is planned in such a way that it covers all the Asanas and Pranayamas for toning all the body parts and cleaning of mind. I feel rejuvenating and refreshing	
147	Mr. Anand	Accenture	The best coaching in yoga	Start from basic to all postures, breathing technique and fitness things. Soft copy material is very good to keep as reference for all yoga practices, include all food habit and Diet.	
146	Ms. Rajani	Software Engg.	Learning classes were so amazing	I have lost 7 kgs	

145	<u>Ms. Divya Roopa.T</u>		I am quiet satisfied with the classes. Mam and you were so particular & Give importance to each candidate, the most positive thing in yoga classes		
144	Ms. Lija	Cisco	Certainly recommended, Me and my mother had very nice experience with Sai Paduka Yoga center. All the sessions are well structured and very clear.	My mother has several medical issue and everything was taken cared personally. It has been our most pleasant experience and the learnings are immensely helpful.	
143	<u>Mrs. Preranana</u>	Homemaker	I would highly recommend this yoga centre. Sir and Madam give personal attention to everyone	My breathing has improved and I feel energetic now.I am sure that I will be able to get rid of cough and cold	
142	Mr Naresh	eka software	Over all, I liked my experience at the yoga center and can feel the benefits of practicing yoga at home. classes are very useful for a beginner. The material provided was very informative.		
141	<u>ms. Tanvi</u>	Opentext	I had nice experience, individual attention.	Holistic growth and not only physical fitness	Good package of Yoga, Meditation, and Spiritual studies.
*140	Mr Rajesh	Cap Gemini	Certainly recommended, Sessions are well structured	Inputs to face all the professional and personal challenges in life, Oour most pleasant experience	Environment is very conducive to facilitate learning
139	<u>Ms. Rashmi</u>	Ytlee	A great place to start yoga, Join here without a second thought.	Learned techniques for Back pain relief, Stress Management, Concentration improvement, Prevent Depression/Heart Disease/Thyroid problems.	Limited number of students in each batch, so that each one gets individual attention
138	Mr. Ramakrishna	Anj	It was good experience to join your yoga center, Daily sessions are so good which will cover all parts of body including mind	Gives the courage to me to solve the problems in life	
*137	<u>Mr Shivashankar</u>	Intel	It worked for me like a miracle and now my sugar levels gone down to 105 and also my weight reduced from 82kg to 77kg. It also gave me a very positive sight of life.	The most I like in the yoga class is discussions on building positive attitudes and covering all aspects of Yoga.	
136	Mr. Dilip	CastleRock	Guys out there, please take out some time with busy schedules to practice yoga, it is very much helpful physically & mentally I am very glad to complete the course specially with Sai Paduka Yoga Center in the guidance of Sir Jayakumar & his wife.		
*135	<u>Mr. Indermohan</u>	Ericcson	An inspirational and incredible, Not at all greedy of money	Helps in relaxation of mind and body.	One good thought every day which is useful in life(you call it as Pratyahara.

*134	<u>Ms. Jyothi</u>	Intel	Recommend anyone to go to this yoga class without having a second thought, An excellent class taught by two well experienced people with so much of sincerity and dedication, Each day of the week which makes use of different asanas	Reduce weight and increase immunity. Homely atmosphere and ambiance inside the yoga class made me feel it like a second home. How much ever tired I would be, I always used to feel so fresh and full of energy after each yoga class!!	Philosophical discussion each day which used to give us a more practical and broadminded view of life.
*133	Mr Ajit	Accenture	We heartily thank Mr & Mrs Jayakumar for all their efforts. Yoga is a long term affair. This 1 month training surely has given us a deep insight about what can be achieved if followed regularly for few minutes everyday.	My wife has benefited from positive weight loss, We learned many workout and relaxation techniques for the body and mind. I personally benefited from strengthening my immune system when I got free from cold and cough	More relaxed from our day-to-day worries. The anger management techniques and Pratyahara lessons are helping us reduce anger bursts and cope up better with the upbringing of our 3 yr old daughter.
132	<u>Mr. Harish Kumar</u>	Netapp	The course in general is very good. You get to learn multiple aspects (pranayama, meditation, asanas, etc		
131	Mr. Bhanu Prakash	British Telecom	I liked most is that Teachers observe each of student and make sure to get them practice yoga in right manner.	"Thought for the day" and "Emotional Maturity classes" which helps in improving the life style and positive mind-set.	
130	<u>Ms. Sreerekha</u>	Infomatica	I Recommend this place to every person who wants to learn yoga	Very awesome experience. The classes here teaches you yoga as well as spiritual value.	
129	Mr. Aishwarya Kumar		I really enjoy coming to this place and practice yoga	Reduce my weight	
128	<u>Mr. Souvagini Rath</u>	Quintiles	I learned correct way of yoga and pranayam. Sir, Madam(His are very supportive. Teaching is truly inspirational. Superb teaching, great sense of humor, compassion, generosity.		
127	Ms. Sivashankari	Quintiles	Overall the course was really good	Asthma, Eye disorders, Heart Disease and Thyroid problems	some of his thoughts in the prathyahara sessions which really
126	<u>Mr. Raghu</u>	Century Link	Sir/Madam teach every individual with personal care like correct yoga posture	Learned techniques for my anxiety and stress	Psychological problem with Sir counseling it goes off like that
*125	Mr. Srikant Reddy	Senior Business Analyst,Neilmet	learn new techniques each day focusing on Cardiac, nervous, digestive, Spinal, endocrine, Anxiety, Anger and memory	Joined for general fitness and weight reduction and felt the classes were very useful	Shares intellectual thoughts and moral values which are very useful for our day to day life

123	Mrs Basanti Dharm	French Lecturer	To me this one hour session is very wholesome where Prananyama and asanas are done in a balanced manner		I am feeling a positive change in my energy levels and also was able to combat those stress-related aches
122	Ms. Swetha	Asst. prof, Software	It was a very nice experience of attending yoga class, whole day we will be very active and i learnt many useful things to reduce weight.		
121	Mr. Puneeth	TCS	Anyone who wants to join yoga/pranayama can join here without a second thought		You will find yourself a lot of benefits and positive changes
120	Ms. Rekha	Self Employed	I am blessed to be a part of this center	I have seen a major change in my discipline, Weight Reduction also.	Discuss Bhagavad Gita which is the best management epic for your lifestyle, Business, Mind set.
119	Mr. Sathish	Accenture	I suggest everyone to join in these yoga classes it will be advantage to us in all the ways		Its very good experience I have learnt many things in these classes which are useful to my entire life both physically and mentally
118	Ms. Gowthami	IBM	Yoga is must to everyone and it provides a lots of mind relaxation. Individual attention, special techniques for specific problem		I have learnt many new techniques for relaxation and anger control which is very helpful in daily routines
117	Ms. Debosruti	Cap Gemini	For the past 6 months, I have been a student of this centre. Sir, has an immense knowledge and has provided me with the right guidance.		
116	Mr. Hariprasad	Thomsonreuters	Every one must do yoga in their life		I was lazy to wake up from bed and had glaucoma problem after doing yoga it was reduced. My new journey started, I am feeling very happy it changed lot of things in my life
115	Ms. Paulin	Student, Germany	I find it very relaxing to do yoga in the morning, start the day with a released mind and body		Benefits such as General Physical & Mental Health, Flexibility & Weight Control. I always feel healthy and fresh

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*114	<u>Mr. Sabhapathi Venkata</u>	ANZ Bank	Having classes 5 days a week I could bring yoga into my daily routine. Limited number of students in each batch ensures their personal attention	Learned Techniques for Back pain, Stress Management, Concentration, Obesity, Anxiety, Depression, Heart Disease and Thyroid problems.	Through Prathyahara sessions, Sir shared his wisdom, which is thought provoking and insightful
113	<u>Ms. Priya Rajan</u>		This is a great place to get initiated to yoga. Individual attention is given	Enjoyed it every day. Holistic approach to yoga as a way of life than as a mere exercise. The importance is given to inculcate good thoughts and practices in life	
112	<u>Ms. Judith</u>	Association for Promoting Social action - Germany	I have come from Germany on a project with a school for underprivileged children. I came to know about Sai Paduka Yoga Center and joined for regular morning classes for a month and now I am continuing the classes. I really like having Yoga in my daily routine and helps me being more positive and active in the day.		
*111	<u>Ms. Shahnaz</u>	Housewife	I would recommend others to join this institute because its worth..	I have lost 4 kgs in 3 wks. I feel very energetic the whole day, my mind is relaxed.	Good tips about nre(pratyaharas) which I have found very useful and I am also trying to inculcate them in my life
110	<u>Mr.Ashak Hussain</u>	Alcatel Lecturer	I would recommend others to learn Yoga.	You can really make out a difference, both physically and mentally. Yoga helps in keeping the mind relaxed and peaceful, adds disciplin.	I got lot of value out of my participation in Yoga and the discussions with the Mentor.
*109	<u>Mr Mobeen</u>	Cap Gemini	I have got everything I was looking for	I have overcome anxiety. I feel very energetic increase in Stamina, concentration & Productivity, Learned techniques for weight reduction and flexibility. meditation completely relaxes the mind and helps me start each session freshly.	
108	<u>Mr. Sriram Karthik</u>	Intel	Highly recommend this yoga center to people who are looking for a good yoga or meditation center.	Improved Stamina, Concentration, Reduced Stress, Weight	Learned the essence of life through Prathyahara (Teachings to enhance ones life).
107	<u>Mr. Vikas</u>	Oracle	I recommended my wife also. Having classes 5 days a week I could bring yoga into my daily routine (where as most of the other classes that I had searched have only 2-3 classes a week).	Everyday Sir tell you 1 topic (Pratyahara), which is quite motivating and will definitely put you under thoughts to include those good things in your day to day life.	
106	<u>Mr. Anil Warriar</u>		I thoroughly enjoyed these sessions, Friendly Environment		Sir used to explain about spiritual theories in its simplest forms.

*105	<u>Ms. Amirdha Gopal</u>	Thoughtworkd	In Summary, felt a positive difference in life . Ambiance was so inviting	Obesity, Anxiety, Depression, Heart Disease and Thyroid problems are delt.	Sir's attitude towards the life is a lesson. Through the prathyahara sessions, he shared his wisdom, which is thought provoking and insightful
104	<u>Ms. Tripti</u>	CSC	I am completing my 1 month and I am now eager to continue for the next month too	Joined for general fitness and flexibility, Having classes 5 days a week I could bring yoga into my daily routine	Pratyahara), which is quite motivating and will definitely put you under thoughts to include those
103	<u>Ms. Prajakta</u>	Housewife	I feel very happy that I have made good decision to join this class for reducing weight and for concentration. When I look at Guruji I get motivation		
*102	<u>Ms. Rupashree</u>	J P Morgan	Highly recommended. It has also helped me getting my everyday stress down and it really helps to have a peaceful mind after a strenuous and hectic work	Weight has reduced, other problems like calf muscles pain, short breathe, back pain, skin becoming clearer with no more pimple eruptions on face. It has toned and cleaned my entire body	
101	<u>Ms. Kirthika</u>	Housewife	Confidently recommend to others to get the benefit by joining this center. Very Good teaching, excellent guidance and systematic approach in their program. No compromise for the quality	Learned techniques for sinusitis, bp, wheezing etc. Felt lot of positive changes and more clarity	
100	<u>Mr. Samiran Mukherjee</u>		I found this course useful for me	Digestive toning, Flexibility, Strengthening, stress Anger Mgmt.	Basic spiritual knowledge given by Sir during this program.
99	<u>Mr Vijaychand</u>	Aricent	This is one of the best yoga center to join	Flexibility, Legpain, Proper Sleeping	
98	<u>Ms. Sujitha</u>	Aricent	My concentration level and memory power have enormously increased. Also my body became very flexible. I lost almost 3 kgs in 1 month		
97	<u>Ms. Prachi Mittal</u>	Charted Accountant	Highly recommended. I did yoga for the first time. Both Sir and Madam, are very good. They pay attention to each and every student and remember the problems		
96	<u>Ms. Jean</u>	accenture (USA)	I have come to Bangalore for about a week from US. I understand about Sai Paduka Yoga Center and joined for the	I enjoyed learning	The video was helpful
95	<u>Ms. Jenny</u>	accenture (USA)	I came from US to Bangalore on a weeks' trip and I joined for W/E classes. This class was excellent and I learned many new techniques that I can use when I get home. The instructors were great!		

94	<u>Ms. Swati jain</u>	Software Engg.	This is the best yoga training center one could get. They teach you things as per your requirement		
93	<u>Ms. Mehala</u>	EMC	Guruji gives kind advice to overcome mental and physical disorders. The atmosphere here is good. The yoga techniques are well taught		
92	<u>Ms. Vaishnavi</u>		I had shortness of breath.. Sir taught me some pranayama techniques and asanas and now I am pretty much good with my breathing..		
91	<u>Ms. Divya K</u>		I was suffering from severe back pain and was stressful. But now I have benefited a lot...Really I was admired by the way he teaches everything so kindly...I now feel my body so much at ease		
90	<u>Mr. hariharan</u>	Xchanging	Yoga was a very good experience learning from Jaykumar sir and Madam. Everyday for past 4 weeks different types of Asanas and Pranyama were taught which is quite helpful for my lifetime..		
89	<u>Mrs Preethi hariharan</u>	spectrum infotech	Excellent teaching and guidance from Sir and Madam		
88	<u>Mr. Chandu</u>	IBM	Teaching of YOGA is very good with good monitoring by Sir Jaya Kumar and Madam. After joining YOGA here, I am feeling good		
87	<u>Mr. Madhavan</u>	pentafreight	Joined yoga for controlling smoking, drinking, anger and weight reduction. I took this as a challenge under the guidance of the Yoga Guru I have reduced and in a very small time frame. I will be quitting all of them. Teaching of controlling all the activities indeed is very helpful.		
86	<u>Mr Harish</u>	TCS	Sir has good positive vibrations that get you when your having classes with him. It was a very good experience and learnt a lot from sir. He was very helping in understanding the problems of each student and provide techniques and yoga positions and asana s for that.		
85	<u>. Joby Abraham</u>		recommend this place for any one including girls/ladies as Guruji and his wife created a homely and safe environment for learning Yoga and meditation.	I could feel that my concentration level and memory power have enormously increased. Also my body became very flexible. I am moved by the sincerity of guruji	
84	<u>Mrs. Rushika Thapa</u>	Housewife	Strongly recommended	Gain physical strength and overcome mental stress. Its a very good institute for the yoga classes. It proves to be extremely beneficial for my health	

83	<u>Mr. Jimmy John</u>	Focus Fitness	Thank you so much sir for the trainings provided and the motivational talks.		
82	<u>Ms. Liny</u>	EMC	The training was wonderful. It was very helpful	Stress management , Anger management , Concentration, Weight loss etc	Sir motivates people
81	<u>Ms. Chandrakala</u>	Oracle	Yoga helped me to loose 5 kgs with in 8 weeks. Now I do not feel lower back pain in the evenings and become very active through out the day.		
80	<u>Ms. Sindhu Reddy</u>	Homemaker	Classes are too good and we can make a difference in our body, mind & in our daily routine after joining the class. We are lucky to have such masters.		
79	<u>Mrs. Babita Tamrakar</u>	Homemaker	I would surely suggest this is the best	It was a great experience. We attended the class for a month and didnt even know when one month was over. felt lot of changes physically and mentally as well	
78	<u>Mr. Srikrishnan</u>	IBM	Very relaxing and beneficial if practiced regularly. Thank you Sir		
77	<u>ms. Priya</u>		Great session! Thanks		
76	<u>Ms. Prasad Sudha</u>		Sessions are helpful to come out from stress and anxiety problems. Thanks		
75	<u>Ms. Chaitanya</u>	TCS	It's a a genuine & great center and was an extremely great learning experience	it was very good experience learning all the asanas those are helping me in improving concentration and memory in my day to day activities,	
74	<u>Mr. Prasad</u>	Cap Gemini	It was very good experience learning all the asanas those are helping me in improving the concentration and memory		
73	<u>Mr Kaushik</u>	Aricent	I saw the feedback of the people this as genuine and great centre. I definitely recommend this place	Learned techniques to control vertigo. anxiety and stress	

72	<u>ms. Saritha</u>	BOI	I would recommend the classes to all who love yoga and seek greater understanding.	Brings about benefits for the body and mind. I have really enjoyed the sessions and the same has been very helpful for me.	Sir, is very helpful and willing to go that extra mile for the benefit of his students. It was an extremely great learning experience
December - January 2012					
71	<u>Mr. Venkatesh Pamidimarri</u>		Class was really helpful for me for my Back Pain and felt much improvement in my health condition.	After the class, I started feeling strong	
70	<u>Ms. Lakshmi</u>		Sessions are very helpful. Dedication is important. Atmosphere is very good		
69	<u>Mr. Chandrashekar</u>		Joining yoga session have relieved tension, And have allowed to increase in alertness of mind. Being an engineer have lot of work pressure and get worked up easily, with these session I have a control and don't get worked up easily.		
68	<u>Ms. Archi</u>		Yoga have thought me, to be a better person	Relieved tension, And have allowed to increase in alertness	
67	<u>Mr Tulase Reddy K</u>		Learned to avoid laziness and doiness. In 20 days duration it self many friends found the deference, I can use them in my daily routine		
*66	<u>Mr Madhusoodhan</u>	IBM	Sir, through his priceless teachings has taught not just me, but all those who come to him, how to bring a balance ,harmony between the physical and mental body there by making the individual not just healthier but also happier. I have learnt	Sir is one of those who is on a mission to make all of us healthier and happier	
65	<u>Mr. Narasimhaiah</u>		The best thing is its not a commercial yoga center to make profit. But is really looking into improvising the lifestyle of people by following our old yoga practices	I felt very fresh after doing Breathing exercises. I feel so flexible and light after doing pranayama and few asanas	The one thing I admire is guruji's simplicity and his dedication to each yoga aspirant during class
64	<u>Mr Dinesh Babu</u>	IBM	Wonderful yoga session and the care	helped me practicing yoga, but also advised and counseled me over come depression from my personal problems with Medications. After complete little session now I am feeling better and confident	They are not a commercial institute. He is flexible
63	<u>Mr. Bikash Swain</u>		Wonderful sessions. it is not a commercial organization	For Anxiety and Stress release ,after complete few session now I am feeling better	

62	Mr. Narasi Reddy		I would like to thank you for your organization , I am learning a lot how to get rid of Tensions by using different techniques		
61	Ms. Swetha		Wonderful yoga sessions, For stress relief and I can say that its very good to do yoga. The way you teach is fabulous and the care you are taking on your students is good. I am really thankful to you		
60	Mr Balachandran		Wonderful & Fantastic Yoga sessions	Is good for self improvement and spiritual process.	
59	Mr Sanjay		I have learned from very basics to advance classes Wonderful sessions, Holistic developments		I am very fascinated with your knowledge on "Shrimad Bhagavat Gita" and your work / publication
58	Mrs. Leema	Landmark Group	All my reasons to join the yoga is fulfilled.I am really delighted to have learnt yoga from you.	Reduced 6 Kg, after my pregnancy.You will not believe the compliments that i am getting	
57	mr. kishore		It was good experience with this yoga practice giving good physical strength and mental strength		Seeing Sir's confidence while teaching yoga giving good inspiration to practice.
56	Mr. Biswait Sadhu	HP (RD)	I want to thank you so much for giving so much information that would help me in building up my future life. I am sure whatever we learned over here if practiced properly it would help each one of us		
55	Dr Srivani	Physician	Am very happy to tell how good it is to learn yoga here ,they taught me every possible asanas,pranayama,deep relaxation technics&meditation according to my body condition		Guided to inner self,taached every thing with care &attention I am very thankful to for such guidance
54	Mr Rama Rao		Overall I am very much pleased by the routine we follow during the one hour, Yoga mats are provided.	Experience change mentally and physically, It rejuvenates me to stay active throughout the day. Also, helped me to stop smoking, follow a good discipline. & enjoy the breakfast	The yoga center for me is the most peaceful place I can be on any day. I like the audio way guidance during meditation
*53	Mr. Sudanshu	St Ericson	Enormously beneficial,	Got Positive energy, help me overcome stress and anxiety accumulated over past few years due to a hectic and high demanding life.	If there is a perfect messenger I can think of for the 'Yoga as a Way of LIFE', its clearly Sir.
*52	Mr. Sandeep Kumar		I am already advocating for yoga and recommending your yoga center for it to my friends and colleagues.	I can clearly see an improvement in my skin ailment now I find a good reason to wake up early and follow a good discipline	Like Audio guidance
51	Mr. Mohit & Harshala Bhargava	Cap Gemini	Overall a very good experience	Guided us for importance of yoga in our life. We practiced all sorts of Pranayam and exercises which was very beneficial for us	

50	Ms. Suwathi	Exel	All together it was a good experience & felt good in learning yoga	Improved Concentration, Stress reduction.	
49	Mr. kiran	L & T	Very good time to spent in yoga classes, and this is helpful for concentration & Stress reduction. I really see the difference		
48	Ms. Mariya		Yoga class is really very helpful for stress & Weight reduction, Improve concentration, and anger management		
47	Mr. Ramesh Babu Maddri	Accenture	It was really help for me. I feel the stress relief & improve concentration		
46	Mr. Sriikiran	Trigyn Technologies	It is a wonderful experience with our yoga teacher to learn the new techniques in yoga. I see a wonder change physically and mentally after completing my yoga classes for 1 month. I reduced almost 2.5 kgs & improved concentration.		
45	Mr. Venkat	igate	I feel light and relaxed after doing yoga. Especially the 8 pranayama techniques help me a lot.		
44	Mr. Harneet Singh	Oracle	Classes were interesting and well-structured	I feel rejuvenated, energized, confident and full of energy	Meditation for stress management. Concentration development and future correction
43	Mr. jagadish Reddy	Symphony	I felt a lot of change in my day to day activities after I started doing the Yoga. I was active through out the day and also I overcame my Anxiety problem		
42	Mr. Uppesh Goja	Squadron Leader –Indian AirForce	I joined this class for the purpose of reduction of back pain and preparing myself for a spiritual journey	Marked improvement in my cheerfulness, positivism, productivity and health	Encouragement in my quest for spirituality
41	Mr Tej Kumar		After going for classes for couple of days i realised that i landed in right place. It was great experience	Weight Mgmt & I noticed a distinct improvement in myself and my physical fitness ,i feel full of energy through the day.	
40	Mr. Anish Varghese		I am planning to continue yoga for my entire life	My weight has reduced by 2kg and I feel better overall	Most of the Yoga centers have become a money business but here I felt Mr. Jayakumar is doing this as a service.
39	Mr. pavan kumar	TCS	I enjoyed doing Yoga and Yoga is now an integral part of my life	My knee pain got reduced an I am confident that practicing it daily will cure it. It is a pleasure to learn yoga from them	

38	<u>mr Raj Kumar</u>	ABB	I feel good when I start practicing yoga... it reduced my tension	
37	<u>Mr Mahesh</u>	Cap Gemini	I had great experience and I want carry all these techniques to my entire life	When I walked down to yoga centre, I was lost my self esteem, so much of stress, low confidence & concentration and lost myself. Yoga techniques help me come out of these and helping to build by life as I wanted to leave
December - January, 2011				
36	<u>Mr. nicky</u>		I suggest everyone to do yoga regularly who has the same problem, yoga will definitely bring a great positive change in oneself	I was having many psychological problems such as low concentration, low confidence, fear to face any challenge, lack of memory. But now, after coming to your classes, I feel so improved and relaxed that all my problems started going away and made me so confident and brought me back to normal life
35	<u>Mr. Anshoo Tandon</u>		I hope to continue the practice of these techniques after the lessons end	Helped to calm the body and the mind and created a general feeling of well being..
34	<u>Mr. Ravindra Neeli</u>		Thanks a lot for your Excellent training	Relief from Backpain and made me healthier
32	<u>Mr. Morthala SitharamiReddy</u>		It was a great time learning.	Relief from knee pain , shoulder ,back pain and improvement of concentration . My confident level increased . The classes were very good and enjoying
31	<u>Mr. krishna kumar & Akshara</u>	IBM	The classes were good and enjoying, very well planned for each session and made use of the time optimally. His commitment and time management is commendable.	
30	<u>Mr. Prabhakar Rao metta</u>		Enjoyed the classes	Knee pain, shoulder ,back pains relier and improvement of concentration & Confidence . .
29	<u>mr. nithesh k Poojari</u>		It was a very good experience, I do yoga daily at home.	The concentration problem was gone within the first week of yoga. The IBS problem which had been causing
28	<u>Mr. Sunil Kotne</u>		After practicing yoga, I feel lot of change and improvement in my breathing, I was suffering with severe cold allergy problem	
27	<u>Ms. M.Saileela</u>	Engineer, Hal	I have been practicing for 6 Months. I am relieved from anxiety and stress Thanks to sir for being guiding me continuously.	

26	<u>Ms. Subhashini R</u>		I have completed 3 weeks and I see a very good improvement. My back pain has reduced and I feel relaxed. The pranayama techniques are very helpful and it reduces stress	
25	<u>Mrs. Lalitha Srinath</u>		This is the best yoga center for stress management.	we use to feel lazy to do yoga, but atleast if we do pranayama it will be very helpful. The way sir guides to learn the yoga is very nice. He is very much dedicated. I was inspired by that
24	<u>Ms. Anindya Mallick</u>		It has become a good practice for me.	It is a very good experience doing yoga, I am feeling fresh and calm in the mind for the entire day. They take full responsibility to make people learn in a full fledged
23	<u>Mr. Sangameshwar Rao & Samyukta</u>		Helped us to learn different stress relieving techniques through meditation. Also we discussed about my favourite subject "Who am I". Guru shared his experiences on how he attained that stage. Good to hear that. I got inspired by Guru's Commitment and dedication in becoming successful. Good experience.	
22	<u>Mr. Roshan</u>		Its a good experience. Sir has loads of patience in clearing all my doubts. I was struggling to do Vajrasana, But now I can do entire pranayama in vajrasana:-) I am happy to see the developments in me ,also my body's metabolism has increased I feel fresh n energised whole day	
21	<u>Ms. Jansi</u>		The teacher, always tries to help the students to solve their problems in every regard	To my surprise my hair fall got stopped and came to normal and i am able to see the change in my skin problem also. There they have very good relaxation and meditation techniques which helped me to get relieved from my tensions and to think piecefully.
20	<u>Mr. Vikranth & Ayyan Babu</u>	Oracle	we are very thankful to you sir for teaching all techniques and also thanks for being patient when we use to come late to the classes.	These yoga sessions helped us in getting relief from the abdominal pain as well as few other concerns such as Weight control , concentration and relaxation
19	<u>Mrs. Hima Bindu Narayan Reddy</u>		We are enjoying Relaxation techniques	Pranayamas with all the Mudras are very useful for breathing exercise. Body warming up exercises and Suryanamaskares are very good for flexibility of the body and weight control

18	<u>Ms. Jayasree</u>		I joined in this yoga center and came for just two week ends only...but by practicing the yoga asanas I have reduced two kgs in ten days.And I got ability to maintain proper diet		
17	<u>ms. Rani</u>		I joined the yoga centre for weight reduction and could attend only 4 classes.But in this 4 classes Jayakumar sir has taught me many techniques which were really helpful for me. I feel benefited attending this program.		
16	<u>Mr. Ashish</u>	Cisco	I learned Yoga, different meditation techniques, which are very good for complete relaxation and running away from daily stress completely. Also, the memory and concentration management techniques are very good, and it helped me improve my concentration while working.		
*15	<u>Ms. Roopa</u>	Accenture	It is a very good program and a good way to spend an hour to yourself by doing breathing exercise, asanas and meditation	I initially had a back pain and lot of muscles were stiff.Under the practical guidance and approach, I have seen lot of benefit to my entire health and also approach to lifestyle.	I also feel lucky to get to know Guru and his good inspirational words during the class.
14	<u>Mr. Jaideep banerjee</u>		I am taking yoga classes including pranayama, asanas, meditation under guru Jayakumar for my ankolysing spondylitis. I feel that this is a good technic to keep our body fit. I got lot of good benefits		
13	<u>Ms. Lakshmichandana</u>		With the help of the sessions by Mr.Jaya Kumar sir my approach to health and life style is changed. Thanks a lot sir. it benefited me a lot.		
12	<u>Mr. Chandrashekar</u>	Huaway	we are enjoying this very much. The Relaxation techniques are very useful to overcome the stress and the Weight reduction asanas and pranayama are very useful.		
11	<u>Mr. Kuladeep</u>	Toshiba	I can say this is the experience which i can carry through out my life. I enjoying this sessions especially relaxation techniques	About Jayakumar sir, he is very inspirable person.	
10	<u>Ms. Kavitha</u>	Chartered Accountant	I would definitely make yoga a part of my daily schedule from now on. I have thoroughly enjoyed the yoga sessions	I realised that yoga can also help in weight loss. And I can improve my body flexibility to a great extent by doing lots of Asanas taught here. Jayakumar sir is a very enthusiastic yoga teacher and it is very helpful the way he explains how a particular asana or Pranamaya is beneficial to us. It has helped me to stay active and energetic throughout my hectic daily schedule.	
9	<u>Ms. Tanushree</u>	IBM	I would recommend yoga to everyone for life. The yoga classes are must for everyone, it changes the way one think and feel about life. I have been favored a lot from his esteemed guidance.	I was really frustrated and depressed about life in general and about myself in particular. As I started doing yoga and meditation life has been easier since then.	Meditation class are awesome and had miraculous effect on my health in general and calming the mind.

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8	<u>Ms. G V Sowjanya</u>		It is an amazing course for each and every individual. I am very happy that I have joined the class and taking the guidance from Sir.	Techniques here are wonderful and make me feel completely fresh, relaxed and relieves me from stress. I feel as though I am out of this world calm and happy. Improved Stamina & Flexibility.	Sir is very helpful and knowledgeable, if any new person joins the class he teaches them with utmost care and is filled with patience.
7	<u>Ms. Haritha Yendluri</u>		This course helps me a lot to control the stress and make me feel completely fresh.	Made me flexible also it improves concentration & stamina.	
6	<u>Mr Kumar Babu</u>		I would really recommend anyone who really want to see how can yoga really make a difference physically and mentally	I got lot of value out of my participation in Yoga and the discussions with Mr. Jaya Kumar. Such an amazing personality. He lost his sight but his vision has been reached excellence	
5	<u>mr. Franklin Lawrence</u>		Within in a short span Sir teaches good Asanas worth to join. He always says I lost my Eyes not my Vision.		Sir is a wise man in YOGA, not only in Yoga he is a good adviser and motivator.
4	<u>Mr. Subba Rao</u>		I give advise to join SAI Paduka Yoga center.	I feel good have yoga 1 hr a day is good. I learned a lot in Yoga center and it helps a lot in my dialy activities and in my work as well	
3	<u>Mr. Saminathan</u>	Accenture	Course is very good for Health. The yoga technique reduce Anxiety, Tension and improve the memory.		
2	<u>Ms. Sree Latha</u>		Thanks for your suggestions and guidance for each step that I keep in my life.	Previously I could not concentrate properly on my preparation of interview. When I started yoga. I was able to do good in interviews even. I feel tension free when I go for interview. Feeling relaxed, active	
1	<u>Ms. Swapna</u>		I joined yoga to reduce my weight and my belly	I got benefited by this classes I have reduced my weight	