

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 of 'justdial' & 'google' and their direct email to us. They are from Jan. 2010 upto June, 2019 , Comment No. 508 being the latest Review posted.

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. Their contact number are available in the printed folder, maintained at the center.

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
January - June, 2019.					
*508	Mr. Bhargava Shetty	Cap Gemini	It's the best yoga centre. This is most recommended place by me for someone who wants to change their body, mind and the view towards life.	The best part here is, they not only teach yoga but also teach about meditation and mind management techniques which other centres won't do.	Environment is centre is cool and calm. In Weekends they provide sessions about life which I guess we won't get anywhere else in any other fitness centers or yoga centres. they provide herbal juice everyday which is very good for health and tastes good also. We won't get such herbal juices outside.

*507	Ms. Sai Gautami B.E	TCS	I am the student of sai paduka yoga center and very happy to write this review . I strongly Recommend this yoga center. I have been searching for a good yoga center since long time and found Sai Paduka Yoga center based on the google reviews.	Sai Paduka Yoga center is the best.I'm feeling cherished that I got chance to learn yoga here. Yoga Asanas, Relaxation Techniques and Meditation helped me to be active in my day to day life.	Mind Management Techniques booklets written by Jayakumar sir are distributed to everyone. Sharing a value from MMT booklets is done on daily basis by the students,sir explains the value in detail. Implementing the values of MMT booklets in daily life helps to be successful in life.
*506	mr Shyam MCA	ntt data	The best yoga center I have seen till now. Everyday new yoga posture till Two weeks and then repeats.	Mind Management technique which are very useful for day to day life and help in difficult situation or to relax and overcome obstacles. Provide Herbal juice after yoga everyday. Great relaxation technique and Mudras and audio relaxation therapy everyday. Most importantly is life improvement classes session on Saturday and Sunday. Very useful to overcome any bad or difficult situation in your life. Trained with Techniques like Stress management, Back toning, Head ache, Breathing improvement, Neck / Eye exercises,	
505	Ms. Gowtami B.E	Deloitte	I was searching for Yoga classes nearby and I found Sai Paduka Yoga center with such good reviews. It is such a positive place. All the best. Good place for beginners to start yogasanas. Sir will teach Yoga, mind management techniques and Spirituality. They even provide herbal juices after yoga everyday.		
504	Ms. Harshitha M.Tech	TCS	Best yoga center. I would really suggest everyone to have a visit and gain the knowledge from them.	Not only yoga classes you can also have life and spirituality development classes and the books provided by them are very useful.	Very good tutors friendly atmosphere.

503	Ms. Neha M.Pharm	Iqvia	Great place for beginners to start yogasanas. Ideal for those who wish to get personal attention.	The classes are designed to target each subject with specific postures and breathing techniques. They teach yoga, mind management techniques and spirituality.	Different healthy juices are also served here daily which also helps to enhance our health. Every Saturday there will be life improvement class is worth attending.
502	Mr. Ritesh B.Tech	HP	All in all its worth joining . They focus on every individual and will help you improve your health efficiently and also guide you through asanas specifically helpful for your health.	I'm asthma patient and was looking for a yoga class that can help me and The teaching here is very helpful. they help me focus more on those asanas that reduce bronchitis.	they also have life and mind management lessons which are very helpful for personal development and living a happy life.
501	Mr. Madhusudan B.E	Iquanti	I am happy to share my feedback about the class. The first good thing is getting so much positivity after joining the class. Apart from Yoga , we are learning about life how to get sustained happiness and deal with problems. The Value points given by them its very useful for us which we may faced in our life and how to tackle it.		Also they offer herbal juice after the class.
500	Ms. Gurkirat B.Tech	Accenture	I have reviewed the yoga center as follows-Teachers are very understanding and kind. In addition to yoga they also focus on meditation, life lessons and mind management techniques which can help in daily life. Positive energy and aura in the yoga center.		
499	Ms. Preeti M.Tech	Intel	This yoga center is different from other yoga centers.Instructors are very good. Here they will teach you how to be strong physically and mentally.		

498	Mr. Santhosh B.E	Teksystems	Good place to learn yoga		
497	Ms. Aruna B.Tech	Cognizant	I would highly recommend this place for my friends and colleagues.	Apart from yoga we have life class which will help us to deal with the problems we face everyday and reduce stress. I can see the improvements in my both physical and mental fitness after few weeks of session.	This is an excellent place for beginners to start yoga. They also give you notes to do self training at home.
496	Ms. Yogamaya B.Tech	Hignosis	Everything in this institute is just awesome. Teaches Techniques for Concentration and relaxation Really satisfied.		
495	Ms. Karishma MCA	Intel	I am glad that I have joined this yoga center. Must recommend.	From my experience every day I feel that the class is full of positive energy, positive thoughts and I feel so refresh after attending the class. JK sir and Mahalakshmi mam both are such a warm personalities.	First day starts with orientation class. you will get free herbal juice every day
*494	Mr. Bharat B.Tech	Deloitte	Great place for beginners to start Yoga. This is not just a Yoga center; Along with Yoga, students get to learn various Mind Management Techniques and many other topics on spiritual science.	In short, I would call it a complete workshop for Body, Mind and Soul and would recommend people to join this Yoga program.	

493	Ms. Naga Seeta M.Tech	Analog devices	Saipaduka is the best place to learn yoga, besides yoga, self development sessions were also taken like mind management technique (MMT) and spiritual science. We used to apply all we learnt in the sessions which helped a lot in improving our self in every aspect. I suggested my friends about this center.		
492	Mr. Manohar V. MCA	Cerner	Excellent teaching of yoga postures and positive attitude building techniques. I started yoga to attain concentration and inner strength. I hope I have started developing those already..		
* 491	Mr Mukesh Babu MBA	Cap Gemini	Sai Paduka yoga Center is one of the best in India. I have been part of for the last 3 weeks and I have got many benefits in my life.	Implementing this yoga techniques will show lot of changes in your life which I have experienced. They also provide herbal juice which gives refreshing to both mind and body. I recommend beginning to join this yoga center to get more benefits. They also provide books with MMT techniques and shares life class techniques by which I have received lot of benefits.Mr. Jayakumar sir is very inspirational and motivational. He is our living example on how to take life with happiness inspite of all situations. He also teach us life class.	
** 490	Ms. Soumya B. Tech	Rakiya	Being part of this yoga center. I suggest that this is the best yoga center where we really learn to live life in better way. We should use this all the way possible.	My working ability is increased in my professional life. From day one I am attending, everyday is amazing. My attitude towards both personal life and professional life has become highly positive	Life class is just wonderful. We try to see inspirational videos to stable our life rather I consider I am having a best gurus to learn the best. They are living inspiration for me. It has become part of routine in my life. Now I am loving my life as it is.

** 489	Mr. Shivrao B.Tech	Fidelity	Sai Paduka yoga center is definitely one of the best yoga center. In short you can stop your search here on finding best yoga centre.	Meditation n relaxation techniques makes us energetic throughout the day. The life lessons they teach here are ultimate, even if u pay lakhs, you do not get this kind of information anywhere else. This institute provides everything you need in your life. you may get physical wellness from other places also, but this is the only place you get mental wellness along with physical wellness.
488	Ms. Harsha M. Tech	a d a	My experience was great .It help me a lot with my anxiety and stress.I would highly recommend this place to everyone.	
487	Ms. Madunika B.Tech	lqvia	I strongly say this is the best yoga center where we can really learn to live life in a better way. Felt like homely atmosphere	Besides yoga and meditation, there are important sessions like Mind Management Technique and on spiritual science in our daily routine which helped a lot in developing. Also Herbal juice is an added advantage that they offer daily after class.
486	Mr. Kamal Raj B.E	Symphony	It was very good experience. it helped me increase the concentration and in weight reduction. My favorite class is Stress relief management.	
485	Mr. Dharani B.E	CISCO	The coaching is too good, and they teach us step by step	
484	Ms. Shubhra B.Tech	Deloitte	I would recommend it to all . The homely environment leads to a very positive aura in the centre and relax not only your body but mind too.	Saipaduka yoga center has proved to be one of my best decision. The Best part of it is that it targets not only the improvement of your physical but mental strength too. They concentrate on each and every individual. The life lessons are something which has the potential of transforming your personal , professional and social life in the best way possible.

*483	Mr. Ashutosh Behra	Cap Gemini	In SAI PADUKA , yoga sessions health benefits are tremendous , apart from that most importantly, LIFE Classes are never to be missed . This particular spiritual sessions are like capsules for leading a happy life addressing deepest of human problems and to have a right approach towards life.i got more benefits other than just getting relief from gastritis, getting flexibility ,being healthy and fit.		
*482	Ms. Harsha Sharma B.E	Techno soft	The combination of yoga and life class is icing on the cake, one clenses your soul and other clenses your body.i am getting many benefits from Sai paduka as i could see progress in my medical reports as well as in my personal life.	Sharing MMT daily helps us to be productive and meditations help stress and anxiety management.	Life class helps in understanding life. They have standard structure step by step they will enlighten us about life and and the happiness which we search . They provide Amla, Ushba and many juices and also educate us about the health benefits of it
481	Mr Rajendra B.Tech	Cap Gemini	I highly recommend this yoga center for the people who want to lead their life happily with external benefits of overall health.	I am very happy and satisfied to join this yoga center where we have unique combination of yoga, mind management, stress management and life Class.	
480	Ms. Manjula MCA	Schneider elect	Very good place to suggest to my friends. This place has lots of positive vibrations as trainers will load lots of inspiration to you. Apart from Yoga, they also teach you meditation and life lessons. They aim at holistic development of students. Overall very good place if you are looking for good yoga center.		
479	Ms. Srividya B.Tech	Soctronics	i will highly recommend this place to my family members and colleagues. This is the most important place to learn yoga and meditation .	Not only yoga mind management techniques will help in our daily lives. With in one month we can observe changes like making wise decisions and feeling stress free.	

478	Ms. Jisha Das	Cap Gemini	Overall, a very positive experience. Sai Paduka is very different from any other yoga center. It does not feel like they are running a business.	Apart from yoga and meditation sessions, there are "Life" classes which focuses on how to deal with issues that we face in our personal and professional life. Teachers are very friendly and motivating.	
477	Ms. Priyanka	Omega	I was searching for the best yoga center near Marathalli and I got to know about Sai Paduka Yoga and spiritual center in the Google.	After joining here I have learnt few techniques which are very much helping me in my life	
476	Ms. Rini Chakraborty M.Tech	samsung	Nice yoga experience with Saipaduka yoga center. It will improve your physical and mental strength. Both sir and mam are friendly. They concentrate on each and every individual. I feel it would be very helpful for everyone		
*475	Mr Yashwant B.Tech	DEL	There is always a big gap in work satisfaction between IT and farming. Slowly I am feeling comfortable with IT job.... If someone ask me what are you learning from yoga- I just say my day is going smooth....yes. I am starting my day in early morning with yoga, It is giving me lot of energy, calmness in my mind		
474	Ms. Veena M.Com	Student	It was a great experience learning under your guidance. I would like to continue my yoga classes for the upcoming month and add into my daily routine.		
*473	Ms. Sushma B.Tech	infosys	I'm happy to be part of sai Paduka Yoga and Spiritual Study center.	Daily different asanas will be taught and also many Relaxation techniques and meditation is being taught which is very useful in this stressfull life.	Facilities are very good ,and also they provide Herbal drink daily which in turn is useful to the health.Also sir conducts spiritual classes on weekends.

472	Mr. Ravi Kiran	maveric	this centre is good for yoga But this spiritual Science classes will teach us how happily we can lead our life in all possible ways.Coming for yoga is the MEAN Here But the Spiritual Classes are the ENDS.After Listening to the Spiritual classes you will change your perception towards the LIFE.		
471	Mr Seshadri B. Tech	subex	It is very good yoga center, I just felt like home, more recommended to join.	Here the best thing is including yoga life classes will be there , this classes will give more information about the life.	
*470	Ms. Mounika MBA	cap gemini	Thanks for choosing such a wonderful yoga centre.	The way the guru teaches here, I am so excited to make my presence every morning here. now m not feeling hard waking up in the morning. I am more energetic than before and more fit. Weekend life classes are one more extra benefit which i got from sai paduka,i can feel the difference in making decisions,to be calm at some situations and lot more. Finally i can say that this is one of the best things that have happened in my life.	
469	Mr. Guruprasad Kulkarni		I was practicing yoga under Sir and madam's guidance 3 years back. It was very enriching experience for me. A perfect start for a beginner in yoga for building strong fundamentals and absolute discipline.		
468	Mr Ankit Kumar B. Tech	juniper	I would recommend to visit this yoga for your healthy and peaceful life.	sir and mam are very much friendly and supportive nature and they are giving more focus on our internal mind cleaning. they daily give us Herbal juice which is used to freshen up after yoga.	
467	Ms. Mercilin B.E	conduent	I would highly recommend this place for my friends and colleagues.This is an excellent place for beginners to start yoga.	I can see the improvements in my both physical and mental fitness after few weeks of session. They also give you notes to do self training at home. Apart from yoga we have life class which will help us to deal with the problems we face everyday and reduce stress.	

466	Ms. Radhika MCA	quest	I could see really feel the changes especially with Pranayama asanas. At the end, we are served with Herbal Juice i.e. before meditation. We end the Yoga session with meditation which has helped me in stress management. Apart from Yoga, we have Life classes on Saturday and Sunday to improve our life.	
465	Ms. Tharani	Accenture	I would suggest this yoga center if somebody is looking for a change in their life.	Apart from exercises, I was taught life improvement topics which was very useful for me to understand the basic happiness in life. Its definitely not like other yoga classes. Quality of teaching is too good here. The amount of knowledge that I have obtained is life-changing. It made me a more positive person.
464	Ms. Heena B. Tech	airbus	Sai Paduka yoga center teaches you unique classes "life class" i.e how to enhance your personal life, how to choose friends and how to balance your work life.	

463	Mr. Sanjay Sivaraman M.Tech	mediatech	This is a great place for beginners to start with yogasanas. Personally felt very happy joining here. Very good personal attention is given. Mam and sir are very good and are not money minded.		
**462	Mr. Vijay & Shwetha	exl services	Yoga has increased our stamina, our productivity has improved and helped us to be in positive mind set. Everyday we share mind management techniques which we included in our daily routine to improve our life. Every Saturday Sunday we have life improvement class which has helped us to understand our life better and find our true nature of happiness.	The facilities are very good which includes health juices, and reflexology tools which are available for activating the pressure points.	
461	Ms. Charitha B.Tech	avatar	Highly recommend. If you are a beginner to yoga, they will teach you each and every posture in detailed.	Postures are taught for weight reduction, thyroid, breathing issues or PCOD.. Along with yoga, meditation techniques and LIFE classes will be there. Which will be helpful to reduce your stress in daily life.	
460	Ms. Sonnyaa Siingh	Self Employed	Right place to learn Yoga and life teachings for beginners. Like Life class has some valuable teachings to help us find happiness and peace of mind which many of us have forgotten or often crave for in our busy lives.	My waist size reduced in just 2 weeks I have seen many positive changes in my life after joining Sai Paduka Yoga center in just a month.	focus on the betterment of mind, body, and spirit. Even experienced Yogis will find something worthwhile in the class.

459	Ms. Bhama mani	Housewife	I am very happy to tell I lost 12 kg of weight. Yoga teacher is very humble and dedicated to yoga teaching.They are helping me to achieve my goal. Through Mind management technique I am able to train my mind to stay focused.	
458	Ms. Harika B.Tech	wellsfargo	I joined 1 month back in sai paduka. It's a very good yoga center for beginners	Best part of this yoga center is life class, this class will teach us so many valuable things in life how to be lead a happy life, how to deal with difficult situations, emotional balance like that so many things were taught by sir very patiently which will improve to balance our life.
457	Ms. Suganya Relan B.E	Accenture	Its an awesome place to learn yoga . I will strongly recommend everyone to join yoga center.	The first good thing is getting so much positivity after joining the class. Apart from Yoga , we are learning about life how to get sustained happiness and deal with problems. The Value points given by them its very useful for us which we may faced in our life and how to tackle it. They are offering herbal juice after the class .And this awesome place to learn yoga .
456	Mr. Sudhir Reddy M.Tech	makonis	I came to know that. All the reviews which I have seen before about this yoga center are exactly correct and true	Jayakumar sir teaches life class. Herbal juices are added advantage.
455	Mr. Suresh BE, MBA	Resideo	Very useful for beginners. Both Sir and Madam teach very patiently and ensure that all the students get correct information. The herbal juice is also very rejuvenating and an added incentive to attend the sessions	

454	Mr. Vishnu Vardhan B.E.	Cap Gemini	I believe the kind of Asanas ,yoga and with mind management techniques in the schedule of this yoga center will definitely improve us as a person. It's one of the good institute in Marathalli area which could be easily accessible to everyone.		
453	Ms. Gayathri B.Tech	IBM	I can strongly recommend this yoga center who wants to start yoga.	Wonderful yoga experience with Saipaduka yoga center. Here you can learn yoga along with meditation and life improvement classes which can improve your physical and mental strength. Teaching techniques by sir and mam are very helpful to our daily life.	
452	Ms. Chandrakala M.Tech	qualcomm	I strongly recommend everyone to join this YOGA program.	Its very effective, you really feel the difference in your day. Not only the yoga they also teach the art of living.	Even they offer herbal juices after the class.
451	Mr. Siddarth Varma B.Tech	TCS	The yoga centre is very good..Its systematic and there are flexible timings. One shouldn't avoid life classes here,as none of the yoga centres provide life classes for nominal price(included with yoga).		
450	Mr. Mukesh Kumar	ericsson	It's a great place to learn yoga and pranayam. Meditation after the yoga classes is amazing. Life classes by sir is very helpful for present and future endeavors.		
449	Ms. Naga Lakshmi M.Com	Accenture	Its a wonderful way of teaching , Depth of knowledge and experience of teachers are too good and very helpful for us to enhance the quality of our life's. we generally used to join for the purpose of wait reduction, to over come health issue but at end of the course we will feel that its more than just an education and its a life Affirming experience.		We feel very comfortable in the yoga facility. Punctual& spiritual atmosphere. Special thanks to God as i was blessed to meet Great teachers

448	Ms. Saikaviya BE	CGI	I can strongly recommend this yoga center who wants to start yoga.	Wonderful yoga experience with Saipaduka yoga center. Here you can learn yoga along with meditation and life improvement classes which can improve your physical and mental strength. Teaching techniques by sir and mam are very helpful to our daily life.	
447	Mr. Babu B.Tech	baxter	I highly recommend this Centre for people who would like to join yoga. Very good place for learning Yoga. Teaching technique is good and personal attention is given. Benefits of each yoga technique are told along with training. Also I can say it is very good place to discuss about MMT classes. I highly recommend this Centre for people who would like to join yoga.		
446	Mr. Vinod B.Tech& Mrs. Anusha Vinod	landmark	i highly recommend this yoga center	I Joined one month back this yoga center we feel homely atmosphere.	Jaya kumar sir life classes are very good.
445	Ms. Nishitha B.Tech	c g i	The yoga centre is very good..Its systematic and there are flexible timings.Herbal juice is an added advantage.		
444	Ms. Vidya B E	oracle	Excellent Rating		
443	Mr. Sumeet Sethia B.E	flipcart	Amazingly good. I am cured of my life long asthma problem. I had allergic asthma and I couldn't eat any fruit/curd etc. I am really grateful as I was on a lot of medication with multiple side affects. Sir and madam both are amazing. They give proper attention to individual. Very grateful as my whole life has been drastically changed. I regularly practice recommended yogas for 15 - 30 min. I eat everything now from all fruits to ice creams.		

442	Ms. Gaatha Sriraj B. Tech	kids global	This is a very good place to learn yoga. I am really satisfied after joining this yoga center.	I have asthma problem, after one month of class, I am feeling better now .
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441	Ms. Deepa Reddy B.Tech	sapient	This is the best yoga center i have come across.	Meditation which helps to relax your whole body, anger management, emotional healing.	JK sir also speaks about life in life class on how to deal with different problems or how to react on diff. situations which I feel is very helpful for everyone.
upto 440	Ms. Bhavya Vishwanath B.E	o s bindia	It's a very good place to learn yoga. They teach many techniques which heldha lot. Suggest this center to everyone to learn yoga.		
439	Ms. Thenmozhi B.E	accenture	The combination of mind science and body science are well thought at your place	I was suffering from dipression and unwanted emotional thoughts now I feel I am recovering from that slowly and I could feel some good positive changes in the way I am seeing things and thinking.	The combination of mind science and body science are well thought at your place
*438	Mr. Sajjad Husain	photokraft	After nearly one month to these yoga classes, there is so much to learn from here. I just love the Life class which happens on Saturdays. This helps you to question our perceptions and beliefs about our self. To understand life better. There is so much of experience sir has to share with us. It's not just about asanas but lot of lessons to understand mind and life.		
437	Mr. Rakesh Reddy B. Tech	cooltalk media	It is the best place for yoga in marathahalli.	With 2-3 months of continuous practice, u will start noticing its benefit.	If you are looking for yoga, this is the best place to join.

436	Mr. Mallikarjuna K B.Tech	capgemini	Sai Paduka is one of the best yoga centre in Bangalore. I strongly recommend our yoga centre to each and everyone.	I totally enjoying with our classes. The practice is being promoted for relaxation, healing, reducing stress and improving sleep, and it serves these purposes well.	I lov herbal juices which are provided by you.
435	Mr. Vivek Ram M. Tech	collins aerospace	"Great place for beginners to start with yogasanas. Ideal for those who wish to get personal attention.	If you go with the right attitude, you can definitely benefit from the teachings offered."	As soon as you step inside the yoga hall, there is a divine atmosphere all around. Both the teachers are down to earth and are not money minded at all. Their focus is to transfer maximum knowledge to the students and create an impact in each one of them through various life lessons.
434	Mr. Nagi Reddy MCA & Ms. Anusha Matta	DEL	It was really helpful for us to improve the health and relax the mind		
433	Ms. Anjana MBA	Vydehi hospital	I highly recommend this Centre for people who would like to join yoga.	Yoga class helps in improving flexibility, physical fitness and mental strength.	Sai Paduka Yoga center in Marathahalli is a very good place for learning Yoga and the Fees is very reasonable.
432	Ms. Swaroopa	cap gemini	One of the best place to learn yoga		

431	Ms. Navyasree B. Tech	sonata	I am very glad to join this yoga center.This is very good center for beginners to learn yoga.	Here they are teaching different yoga techniques according to their problem like weight loss, thyroid problem and back pain etc	
* 430	Mr. Parithosh M.Tech	j p morgan	Sai Paduka Yoga Center is both Body and Mind gym. Jaya Kumar Sir keep motivating everyone through his life classes where he teaches everyone how to deal in the real world by gaining real life wisdom. The Life teaching is based on the principles of Swami Vivekananda. Sir is highly qualified , knowledgeable and Shiksha Bharti award winning trainer and he wants everyone to understand the purpose of life and attain inner peace and happiness which is rare nowadays. there is meditation session after yoga which is very helpful in our stressful busy life.		in house library for motivational and spiritual books.Complimentary herbal Juice & Accupressure equipments
* 429	Ms. Ashwini M.Sc	iqvia	The yoga training course at Sai Paduka is a wonderful way for me to explore and experience yoga and meditation. I can't just summarise everything just through words rather I see transmission through my body and into vital energy. Simply	Personal changes that I am observing withing a week I had joined the class. I am more relaxed while I'm at office with the work pressure I receive. I have sinus headache and early stage bronchitis. The intensity of breathe as developed alot and I can sleep peacefully without sneezing at night and head and body feels light.	This course will provide you with the tools for you to enhance the quality of your life in the way that suits the nature of your existence most. I would say I am blessed to get a teacher like Jaya Kumar Sir and Lakshmi Mam. I enjoy the class every single day without feeling bored and it's homely.

* 428	Ms. Sujata Patil B. Tech	del	This is an excellent yoga program. Here everything is done in a systematic way.	I myself found a positive change in me since I have joined Here. here not only on week days , the classes are also conducted on weekends about keeping our selves mentally fit,	Here another thing which you don't find at any other place is that, the masters interact with the student in a really friendly way just like one of your parents or brothers or sisters or close relatives.
427	Mr. Sunil M. Tech	cientra	It's a unique combination of the ASANA's and Meditation	I came with the intention of recovering from the back pain,take out the stress of a daily life and to balance the mind in our daily activates. Within a span of few weeks I'm getting the benefit. It's beneficial for the body and mind	
426	Mr.Jayakrishnan M. Tech	qualcomm	Sai Paduka Yoga Centre is an excellent yoga institute, which provides the best assistance for improving one's physical, mental and spiritual wellbeing. Both the teachers are knowledgable, sincere and open-minded		
425	Mr. Hitendra Thakkar M. Tech	mcafee	Yoga+meditation+ life class + homely atmosphere + herbal juice everyday. I've seen is they are eager to teach everything comparing to modern classes which is money oriented and will provide you fancy distraction to join. Jayakumar and mahalakshmi both are keeping this place simple + homely + very disciplined . Join it, your day will start with full of energy :)		

424	Ms. Sangeeta Sahu B.E.	accenture	This is the great place to learn yoga. It's really a recommended place to join Yoga specially for beginners.	Even for specific health problem, they are teaching the Asanas to get cured like mind, stress and anger management	Daily Herbal juice, Meditation session and weekend life improvement classes also provided here
423	Mr. Munigopal Reddy M.Sc	HUL	Thank you Sai paduka Yoga Center. I am enjoying the sessions and I can say this is the experience which i can carry through out my life.	I joined yoga for my Gastric problem ,back pain and concentration .Day by day I find better improvement in my body and I stopped to taking tablets for Gastric problem.	Jayakumar sir, is very inspirable person. I am very much thankful to him
*422	Mr. SivaramK BE	ust global	Visiting this Yoga centre changed my perception towards life. I am grateful to both Jaya Kumar sir and Maha lakshmi Madam for teaching Yoga and making it part of our daily routine.	I approached them to make myself free from problems (Over thinking, Depression and anxiety) and they listened to my problems with patience and suggested me to try Yoga for 1 month. After practicing yoga for 2 weeks, I started noticing changes both physically and mentally and I am feeling relaxed, more focused and energized.	Saturday spiritual class is worth attending which helps us to get the essence of life through the spiritual teachings. The herbal juices served here, after yoga are good for health and make us feel rejuvenated.
421	Mr. Rajasekhar MCA	u b	I am Very Glad to Join this yoga Center. This is very good center for Beginners to Learn Yoga.	They are Teaching different Yoga Technics according their Problem like Weight Loss and Thyroid problems and Back Pain etc. Meditation Classes and Life Improvement Classes are very good here to Lead the life Peaceful.	

420	Ms. Ganga Bhavani B. Tech	cap gemini	The environment and the way of teaching us is good	They tells us the importance of yoga in day to day lifeAt the end of the session sir explains how to tackle different situations that we encounter in life with our fear.	Every Saturday there will be a life improvement class is worth attending. Different healthy juices are also served here daily which also helps to enhance our health.
419	Ms. Madhurima B. Tech	intertech	Overall it's a very good experience OF Yoga.	Learned alpha meditation ,mind relaxation techniques.	Life improvement / Management techniques are taught. Different herbal juice also given.
418	Ms. kc sudha B. Tech	intertech	Very good place for those who are interested in doing yoga. I am very much satisfied with their way of teaching yoga	I found lot of benifits both physically and mentally after joining here.Learned alpha meditation,anger management ,life improvement methods.	They teach you new asanas and new yoga techniques. Provides different kinds of herbal juice after yoga which is helpful for health.
417	Ms. Madhulikka Divi	bosch	Very best place to improve health,fitness & strength. I have learnt alot by going to saipaduka yoga centre. Very nice hospitality. It is like good family feeling. Every morning I feels I went my native... Such Nice I have never gone...		

*416	Mr. Ravi Praveen B. Tech	checksum infosoft	This is a life changing program and I am very much glad to be part of this yoga center	I've found lot of benefits after joined here both physically and mentally. you will feel difference once you attend to this classes. meditations reduce stress and improve concentration.	After yoga class they provide 5 types of herbal juices. Spiritual classes in weekends..which are helpful to know the purpose. Sir has enriched knowledge...He will share us his experiences of yoga. I've learned lot of postures and mudras
*415	Mr. Djaidev B. Tech	Qualcomm	Highly recommend this yoga center to people who are looking for a good yoga or meditation center. It was a very good experience to learn yoga from Jaykumar sir and Madam.	Yoga is one of the best things that have happened to me in the recent past. I joined yoga for managing my office stress and back pain. Thank you sir for making me feel better and better everyday physically as well as mentally.	Most importantly there is Prathyahara (Teachings to enhance ones life) on every Saturdays which will help the students to improve their life. The way sir listens and answers your questions is commendable.
414	Ms. Tanmaya B. Tech	DEL	heaven for all the yoga enthusiasts out there as well as for beginners who want to bring in the healthy habit of doing	and quiet and after the 1 hour session you are sure to feel totally relaxed and new.	Teachers are very helpful and make the class environment very motivating.
413	Ms. Sravya Parna B. Tech	Wellsfargo	I am satisfied to join in Sai paduka yoga center.I am new to yoga. I definitely recommend everyone to join in Sai paduka Yoga centre.	I have seen more difference in my Life style.	They also conduct 30 minutes meditation class and once in a week life improvement classes.
412	Ms. Sanjeevani b. Tech	Manhattan associates	I am very glad that I came across Sai Paduka yoga center. This is the best place for beginners. I would recommend this place to everyone who wants to incorporate yoga into their routine and lead a healthy lifestyle. I benefited a lot from these classes.		

411	Ms. Gayatri B. Tech	Thomson reuters	I'm glad to be a part of Sai paduko yoga centre.The yoga practices here runs through a systematic way.	I'm feeling energetic and flexible after joining yoga	The practical training is absolutely superb and discussions are truly inspiring and motivational
*410	Mr. Premnath B. Tech	Gojek	I would highly recommend Sai paduka yoga center. Ideal place for beginners to get started on yoga	it has been a rejuvenating experience so far. My back pain has come down to reasonable levels. Learned Anger Mgmt. & Life Improving thoughts. Feel more energized and peaceful, with significant improvement in overall health.	The course is structured in a systematic way, taught with lots of positive attitude, reasonably priced, and genuinely focusing on sharing the knowledge.
409	Mr. Girish B. Tech	Amazon	This is the best yoga center I have seen around. I am lucky to have come across Sai Paduka yoga center. A completely genuine yoga center, stuctured teaching, great teachers, everyday herbal juice, everyday meditation sessions. My health concerns have disappeared after being a part of Sai Paduka yoga center.		
408	Mr. Shivakumar B E	Harman	I would definitely recommend this to my family or friends so that they can be benefited. Here, on your first day they will teach you about the basic asanas	Learned yoga techniques for weight loss, for smoother breathing	There is life improvement sessions on every Saturday where you are taught about essentials of life, how to deal with the problems, how to keep yourself happy and so on
407	Mr. Tirupati Naidu B. Tech	Jobsearch	First of all we are very lucky under the guidance of the teachers of Sai Paduka Yoga Center.	I feel enjoying while doing the yoga and meditation, I feel energetic	

*406	Ms. Soumi Patra (M.Sc)	Amazon	I'm very satisfied to have joined Sai paduka yoga centre. For starters, you won't feel much difference.	Classes which aim at different health benefits both mental and physical equally, like joint pains, sinus, migraine, back problems, insomnia, menstruation, anxiety, depression, lack of concentration. The classes are designed to target each subject with specific postures and breathing techniques.	The teachers do not just teach us different yoga postures but also help with small yet impactful life lessons to overcome any hurdle and look at life from a different perspective.
* 405	Mr. Bhavin Ginoya BE	D X E	Sai paduka yoga center is a very good place to understand your body, mind, and life.	There is a meditation session at the end of the class. Which will help us keep control and calm our mind in any situation? Saturday 1hr class is fully dedicated only on Life	There will be a small Life value's class session in which Guruji will be teaching one value's from Monday to Friday. They even offer a different kind of organic drink for free for many health benefits.
404	Ms. Sanjana Rajputra B. Tech	Accenture	Sir and Mam taught as with lots of patience and it did effect me in a positive way.	After my yoga session I had a bright and positive attitude in myself and reduce backpain, etc.	After over every session we were given a drink which was based on whatever problem you have
403	Ms. Bhmamani	Housewife	My overall experience with the YOGA class is great.	I am being taught yoga with great attention and quality of teaching. Meditation helps me the most as its strengthens my mind and soul. the facility of the center is optimal.	
402	Mr. Vasant (B.Tech)	Uper	Sai paduka is an excellent yoga centre Mr Jaykumar and Mrs Mahalakshmi manages the yoga institute. They provide individual attention to students by teaching basics of yoga before you attend the actual classes.	I joined this yoga centre for for weight and stress management. I got more than what I asked for.	The Saturday spiritual classes was something unique experience which helped to understand life better.
401	Ms. Sukrita Joshi	Quest Global	The center has a very homely atmosphere and sir and mam make you feel welcome. Asanas particular to the individual's problems and needs are taught.		

400	Ms. Saranya Mahendran(B.Tech)	Wellsfargo	The programme is well planned covering various asanas, mudras and meditation techniques. The programme is well planned covering various asanas, mudras and meditation techniques.	I could really sense remarkable improvement in my physical, mental and emotional well being in such a short span of time.	
399	Mr. Pratap Voleti (B.Tech)	Cognizant	These days i came to know about mudras, asanas and stretching exercises.. sai paduka is good start for beginners as well.	Life improvement sessions will help us in getting new toughs which leads to achieve the best place in life.Mr and Mrs Jayakumar are very friendly to all students	
398	Mr. Raghu	Mathslab	The practices they give a detailed overview and importance of each practice which gives a very fulfilling feeling.		
397	Mr. Supreet (MCA)	Allstate	Both the trainers are very much experienced, friendly.	After joining here I have learnt few techniques which are very much helping me in my life.	
396	Ms. Prerna B. Tech	Dell	A great place for yoga and spiritual learner`s,	I`m going for yoga there from past month, now I`m feeling so energetic and flexible after joining yoga. They even take care with respect to each and every person and teach us with specific problems, if we have any. It is a good place who wants to join yoga.	
395	Ms. Anita B. Tech	Nutanix	I am very happy to give the feedback regarding my yoga class. It is really good, they can teach from the bottom of their heart, not only yoga taught about human life and values as well. They were taking care of each and every single person.		
394	Mr. Sreenath Reddy ICWA	TCS	I had huge Back Pain, after joining in the Sai paduka yoga the back pain it's reduced.		
393	Ms. Sreevidya	Tanti v4	I joined Sai Paduka yoga center weekend batch and i can recommend Sai Paduka yoga to change their life physically and mentally.		
392	Mr. Murali MCA	Accion labs	Sai Paduka yoga center is one of the best center for Yoga.To transform my life i decided and do yoga on regularly.I can say definitely to go Sai Paduka yoga center to learn yoga.		

391	Mr. Mure Dileep B. Tech	Jobsearch	A great place for yoga and spiritual learner's	I'm feeling so energetic and flexible after joining yoga.	
390	Ms. Sindhujha (B.E)	HCL Tech	Their classes have mix in elements like postures/asanas, regulated breathing/pranayama and meditation. The teaching quality and style are amazing here.	The whole day will be energetic and they will teach the instant and quick relaxation techniques too which are useful in our work environment when we are exhausted.	They provide various types of herbal juices at the end of the class which are good for health.
389	Mr. Venkatakrishna A (M.Pharm)	Diageo	I had a Great experience in practicing and learning different techniques		Different healthy juices are also served here which also helps to enhance our health.
*388	Mr. Vinay (M.C.A)	Iqvia	I liked the way of teaching method (using videos and audios). The course is well structured and reasonably priced.	I joined this yoga center to reduce my stress level and control blood press; its been one month, now I can feel the change in my body. I have also lost weight and I definitely sleep better these days.	The Verities of herbal juices also provided here for people benefit. They also conduct 30 minutes meditation class and once in a week Life improvement sessions

*387	Ms. Kalyani Kumari Sharma B. Tech	Accenture	There is a punctuality and the rules to follow yoga and the way of teaching is very obedient.	, the classes are also conducted on weekends about keeping our selves mentally fit, I myself found a positive change in me since I have joined Here. Here another thing which you don't find at any other place is that, the masters interact with the student in a really . Apart from yoga they teach different kind of meditations also after that you will feel positivity in yourself and also fresh whole day.friendly way just like one of your parents or brothers or sisters or close relatives. they mainly go , I mean teach based on the capability of the student.	
386	Ms. Sreelatha B.Tech	Dell	I joined here for weekend batch. Mr.Jayakumar and Supriya they are very good teachers, they will teach yoga based on person's problems separately. I'm feeling so great after going yoga. Thank you so much.		
385	Mr. Santosh Kumar (B.Tech)	Standard chartered bank	The best thing about this place is the caring nature of the teachers. Also i liked that they teach with videos and audios from various renowned yoga gurus and did not stick to just one guru.	As part of the class, you start with pranayama followed by various asanas including surya namaskaram.	You end the exercises with a herbal juice. Later an optional Dyana can be done for 15 to 20 mins with recorded audio guidance.
384	Mr. Nagendra (B.E)	TCS	I learnt different types of aasanas and meditation session at the end of every class is extremely refreshing and peaceful	After joining Yoga class my health has significantly improved and I am sleeping better.	

383	Ms. Maya (B.Tech)	CGI	The schedule for each day in a week is well structured by concentrating on different body parts and to deal with weight reduction, back pain reduction, general fitness, eye workouts, breathing exercise etc..	Different kind of asanas were taught every day with brief explanation of it's use. In addition to yoga there will be about 20 mins Meditation	Relaxation daily and Life science class on Saturday. Overall experience helped to improve physical strength, inner happiness as well as concentration.
*382	Mr. Ashok kumar(B.tech)	Wipro	This is the best place for beginners, we get body and mind relaxation here as per my experience,	I joined there because of my issues madam taught me asanas for that and I am feeling better now.; Jayakumar sir motivated me a lot by his words	They are providing complementaries like special classes and herbal juices. Worthable for money
381	Ms. Loopa Mudra B. Tech	Aricent	I came to know about so many types mudras and pranayams like kapalbhathi, Nadisudhi and some stretching exercises...		Herbal juice also provided here according to the health issues which is beneficial for people... Special consultation for health and diseases provided here is really beneficial.
*380	Ms. Karni gupta (B.Tech)	Accenture	I most definitely recommend this class for understanding and learning proper yoga. The course is well structured and reasonably priced.. A different body part is targeted in every class using different aasanas and mudras. The primary group of pranayams (anulom-vilom, kapalabhathi, brahmri, etc) are practiced daily.	The meditation session at the end of every class is extremely refreshing and beneficial. , my overall health has significantly improved. I feel more energised and peaceful. I have also lost weight and I definitely sleep better.	
379	Mr. Sai sumanth (B.Tech)	LNT			
*378	Ms. Vallere deshmukh (B.Tech)	Elegant Sales & Mkting			Better relaxations class held here towards postive energy in life.

377	Ms. Roja (B.Tech)	TSC	The atmosphere there is so calm and pleasant. We feel so relaxed.	Along with Yoga postures meditation helps us to calm down ourselves.	Life improvement sessions will help us in getting new thoughts which leads to achieve the best things.
376	Mr. Lakshman Bandla (MBA)	Softtek ind pvt ltd	It is an awesome experience and I am really satisfied and blessed after joining this yoga class.	Different practices of life like concentration management, anger management, ego management and one will get to learn in this yoga class. they teach different asanas for each day of the week.	
375	Ms. Vidya Lakshmi (B.Comp)	Ernst & Young	I am really very happy and satisfied with what I've been learning.	And its very helpful for me to be energetic through out the day. In a weeks' time I could see lot of improvement in myself. The best thing is, I could feel that my face is become bright and clear without any pimples.	
374	Ms. Teena Marry B. Tech	Fidelity	it's really recommended place for yoga beginners for physical and mental health		They will teach asanas for specific problems
373	Ms. Mounika ganimidi M.Tech	Anora semi cond	Sai Paduka Yoga center is the best place who would like to start and learn yoga.	There are so many aasanas for various health problems like to improve PCOD, thyroid, concetration, memory power, and prevention of diabetes etc...	Daily they are teaching one different mudra. They are providing herbal juices which will help to improve our health.
372	Ms. Surya (B.E)	Dellotte	I would suggest Sai Paduka for anyone who is looking for both physical and mental well being.		They teach life lessons on Saturday

371	Ms. Nirali (M TECH)	A R M	Sir and madam would be personally attentive in each session and they are keen to give the knowledge to help you. sir and madam would teach you the basic techniques or yoga and praanayams		
*370	Mr. Jeke Kumar B. Tech	HP	According to my experience this is one of the best place for Yoga, meditation and spiritual studies.I really got lot of benefits after doing Yoga and Meditation.	It helped me to reduce stress,negative thinking and my concentration,Flexibility and confidence level got improved a lot.	Spiritual studies classes and i am learning so many things about life and about myself.
*369	Mr. Gireesh(B.E)	Clarivate analytics	Saipaduka Yoga Centre has shown us another dimension in our life. Jayakumar Sir is truly an inspiration for us (my wife and I).	Predefined schedule of Asanas, Meditation, and Pranayama throughout the week to have a balanced yoga training for freshers like us.	We are given health juices and followed by meditation class for around 20 minutes.
368	Ms. Sheweta Singh	HW	they provide a very ambient and pleasant atmosphere for meditation.The way Yoga is taught is very effective.		
*367	Mr.Guru Saran	Student	Here everything is done in a systematic way. here every you get a new concept to learn every week.	I myself found a positive change in me since I have joined Here. 1.Overcome the negative thoughts in his mind. 2.Become mentally fit. 3.Patient.3. Obedient.4. Intelligent. 5. Stress-free and Anger-free.	the classes are also conducted on weekends about keeping our selves mentally fit
366	Mr. Srikanth reddy sai (ICWA)	Accenture	I would like to say it's really helping me in lot of situations physically and mentally as well.		
365	Mr. Pradeep kumar(B.Tech)	HP	Nice place to start yoga. Feel some positivity after attending the class.		
364	Mr. Abdul Kabhir B.Tech	Samsung	give me inspiration & motivation. They make you feel very comfortable.	the the courses you can benefit from 1. Yoga Asanas, 2. Pranayama, 3. Relaxation	herbal juices are provided whose benefits are explained. Every

363	Mr. Saibaba B.Tech	Infinite comp solution	I'm feeling like doing yoga and meditation in our home.	Sir and Ma'am teaching special techniques like Alpha Meditation, Emotional Balancing (For reducing	
362	Ms. Sowjanya M.Tech	Anora semi cond	It had been a month since I have started learning yoga here. Had a very blissful experience.	Both sir and madam are not commercial but are interested in giving maximum teachings to the students.	Different healthy juices are also served here which also helps to enhance our health. 20 min daily meditation class is optional and weekly life improvement classes are worth attending.
*361	Mr.Nilesh(B.Tech)	Harman	Sai Paduka Yoga Center (Marathahalli, Bengaluru) is one of the best Yoga center. It has helped me to give a balance between my personal and professional life.	I had allergy(Sneezing 365days), it stopped just in one month yoga class. I have learnt many techniques which has personally improved my quality of life to the next level and planning to do the yoga and Pranayama techniques throughout my life.	They give free herbal juice everyday. They charge very less as compare to other yoga center
360	Jay(B.Tech)	Bosch	I feel that this is very good centre to lean yoga asanas. Also, that taught us the Meditation		Saturday there will be Spiritual classes which help us to relax our mind and body.

*359	Mr. Vimal Kumar Misra (MCA)	Radisys	SaiPaduka yoga center came to me as a blessing. I realized the power of Yoga after joining it.	I also learnt meditation techniques which is aiding me in becoming a better person and leading a quality life. Both Sir and Madam are very good yoga teachers and they give individual attention to each one of us while practicing yoga. Also, Madam takes complete care and pays individual attention so that no one does yoga asanas and pranayamas incorrectly. Everyday they teach different asanas and pranayama steps. Also, they have meditation class after Yoga everyday which are part of the Yoga classes.	Yoga center has lot of positive vibes. One more thing, all yoga students are provided natural juices like Amla, Viveha etc free of cost daily to increase immunity, digestive supplements.
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* 358	Ms. Harshapriya C A	Varma & Varma Chartered Accountant	Sai Paduka Yoga Center - an ideal place to learn Yoga and Spiritual Awareness. I suggest to join this center and gain the knowledge which will be helpful for our life.	Learned Techniques for stress management, weight reduction etc. Suryanamaskars" daily with the breathing techniques when to inhale and exhale is very useful for our life.	After Yoga postures there are 6 types of herbal juice. On Saturdays we have the spiritual life enlightenment classes.
* 357	Mr. Sankar G B, BE (Doing P.hd)	Ex-ISRO & Ex-TCS	I highly recommend it to one and all. Every day Sir spends time on an important aspect of life for pratyahara in the regular class and conducts special classes on Saturday for the latter.	I have been regularly attending the classes and found the experience invaluable. My daily routine is much better organised now. I carry out my research work and I fall asleep within 10 minutes of hitting the bed, the quality & duration of my sleep have improved .	Apart from the regular asanas Shri Jayakumar stresses the importance of pratyahara and the spiritual way of outlook. The whole process is aimed at improving the body as well as mind making the participants a better person.

* 356	Mr. Sachidanand M. Tech	Aricent Project Mgr.	I would suggest all should do Yoga regularly and it will be a different experience if you are part of Sai Paduka Yoga center. Lots of benefits which can change your life in a	I learned Pranayama, traditional/modern Yogasanas, Surya Namaskara, Mudras, SMET (Self-Management of excessive tension), Meditation and many spiritual	The way they teach yoga is totally different from other centers which run like business. Apart from yoga they do meditation, spiritual study
355	Mr Dinesh Sahu BCA	Technicolor	I joined Sai Paduka Yoga center 1 month ago for stress relief and concentration improvement. I observe good changes in me and I would like to thank JayKumar Sir and Mahalakshmi Ma'am.	I learned Alpha basic meditation which is a relaxation technique, Self-healing which will help to heal the body ailments, so many asanas which will help to improve concentration & general fitness.	The ambiance is very peaceful. One of the most important things is a Life changing class which scheduled every Saturday and which has provided considerable changes in my Life.
354	Mr. Krishna Chaitanya MBA	Cap Gemini	Its a very good experience learning yoga and meditation under the guidance of sir & madam.	The Relaxation techniques are very useful to overcome the stress. The memory and concentration management techniques are very good, and it helped me to improve my concentration while working.	
353	Ms. Shakuntala M BE	Yodlee	Happy to find the Sai Paduka Yoga Centre.	Joined here a 2 months back and it really helpful in a balancing life both physically and mentally, Sir and Madam teaches here for good cause which is really bringing good change in many people's life	
352	Ms. Jagdeshwari B. Tech	Aurigo	I am having a great experience by learning yoga. I enjoy a lot joining and learning yoga here.	"Alpha-Mind Meditation technique along with Mind management, Stress and Anger management, Weight control and many techniques are taught. The course includes along with yoga, meditation, and	
351	Mr. Surya	Cap Gemini	The guidance and teaching of Jai kumar sir was phenomenal! He's an incredibly knowledgeable and humble teacher.		
350	Ms. Jaspreet Nagra B. Tech	Dellotte	Sai Paduka Yoga center in Marathahalli is very good place for learning Yoga. Although I know yoga asana and pranayam but I could learn better breathing techniques. Teaching technique is good, personal attention is given. Benefits of each yoga technique is told along with training. Fees is very reasonable.		
349	Ms. Neelaganga Patil B. Tech	HP	It's a great experience, After joining the yoga classes I am feeling fresh and energetic. Thank you so much Sir and Ma'am		

348	Ms. Sonam Chauhan MCA	Siemens	Best place to learn yoga and spiritual Growth.		
347	Mr. Venkatakrishna M. Pharm	Diageo	Really liked Yoga course conducted by Sai Paduka yoga centre. He helped to fill information gaps & join existing pieces of knowledge into more wholesome picture. He also could answer any questions arising during the class & maintain upbeat atmosphere		
* 346	Mr. Kumar B. Tech	V M ware	The course is structured in a systematic way, In a month four weekly programs are followed. I enjoy a lot joining and learning yoga here.	I learned yoga, meditation, and mind strengthening techniques, Mind management, Stress and Anger management, Weight control and many techniques are taught.	The Guru has a really big vision for each student, which would help him/her to touch the peak in understanding himself/herself.
* 345	Ms. Sarita Swain	Housewife	To be honest, the experience is so good and highly productive for me. Very much touched by their non-monetary mind, always trying to do something for society selflessly.	I learned different asanas, mudras, very specific Surya namaskar, pratayahara, SMET (Self-Management for Excessive Tension), meditation session, different techniques to get relief from stress and anxiety, and last but not the least Saturday's spiritual class.	This center connotes traditional yoga which attracts me more. sir's pratyahara session gives a simple message "spiritualism is a way to life" touches the heart.
344	Ms. Navya James B. Tech	Dellotte	Based on my experience this is one of the best places to learn yoga for beginners	The post yoga Meditation sessions, weekend motivating classes and herbal juices provided here are really good. I am really happy that I selected this place for learning yoga.	
343	Mr. Kalyan B. Tech	Cerner health care	It is a very good Yoga and Meditation Center. I suggest this Yoga center to learn Yoga.	I found many benefits both physically and mentally. It has been very useful in my life. Both sir and madam are very interactive and they teach all	
342	Kavitha Deekonda M.Sc	lqvia	I have been going to yoga at saipaduka since 5 weeks and I am experiencing a good change in me. Both sir and mam are so dedicated and determined towards the well being of society. It's not like just postures of yoga we learn here, there are many things which will be helpful in day to day activities will be explained by JK sir. In addition the kind words of sir and mam will make us feel good. I can say that I am so fortunate to get a yoga centre like this and teacher like JK sir and mam.		

341	Ms. Saranya B. Tech	Societe Generale	This course was amazing and it was exactly what I needed. I would recommend anyone to take your course.	I'm stronger now than ever before.	I look forward to continuing my practice on what ever I have learned.
* 340	Ms. Shreya BE	Unisys	Sai Paduka center is absolutely a perfect place to learn Yoga with a proper guidance. Learning Yoga here definitely an eye opening experience and you will love it and feel that for sure	the schedule works well to get rid of issues like Breathing problems, Obesity , Hemorrhoids, & Laziness.Constipation Teachers have decades of experience in teaching Yoga and inspires and motivates everyone.	They follow a wonderful schedule for six days from Monday to Saturday and provide herbal juice everyday.
339	Ms. Suma M B. Tech	Radisys	Best place for Yoga beginners. I recommend this yoga center who wants to start yoga.	Different mudras everyday with kapalabathi,surnamaskara,eye related yog, for memory and concentration improvent asanas.	Teacher's motivating words and spiritual thought will change your daily routine into a significant thing.
338	Ms. Ruby B. Tech	I B M	Best place to learn yoga. Sir and mam are very helpful and caring. It feels like homely atmosphere when you are there.		
* 337	Ms. Sriza Graduate	AMAZON	Sai Paduka Yoga Centre is a wonderful place to be.	It always leaves me with a good feeling about myself and helps energize the mind and the body. Apart from yoga and pranayama. a meditation session for about 20 min is held each day after yoga to gain energy and improve the mind.	Herbal health drinks of various kinds are available after the yoga session. Each juice has its own specialty.Llife improvement class taken on weekends by Sir himself. Overall, it is a really positive atmosphere and one can definitely gain a lot here.
336	Ms. Suma E B. Tech	CGI	I suggest whoever wants to go for Yoga, Sai paduka is the excellent one. It is the best place to learn Yoga with a proper guidance.	The kind of peace and relaxation after each session will make you to be active whole day.	Sir gives the best life advises that's the best part ever and a great start for the day

* 335	Ms. Charitha B. Tech	Finastra	Sai Paduka Yoga Center is a perfect place to learn Yoga and improve in your Life. Every individual based on their physically/mental problems, if they practice the respective techniques they will be able to get rid of it gradually and can lead a healthy and happy life.	Back pain got reduced totally, started losing weight and also concentration levels are increased & Stress reduced. The course help us to grow mentally to face the hurdles of life through motivation and spreading positive vibes.	Provide a variety of Herbal Juices to students to make them healthy.
334	mr. Bharat MBA	ikpmg	It was really a great experience.	Understood the importance of yoga in day to day life. It helped a lot in personal. Teachers have a very good experience and they're teaching is very good. We get herbal juice after every class. There are lot of techniques thought for relaxation as well as for health problems.	
* 333	Ms. Divya Gangadharan B. Tech	lqvia	Overall, it is a great experience at Sai Paduka Yoga Center and I am planning to continue my classes. Each day we have different asanas and techniques to improve health and life.	Concentration levels are increased.	Class starts with 1: Breathing exercises, 2: Some knowledge sharing sessions about life, 3: Asanas, 4: Relaxation technique, 5: Herbal juice, 6: Meditation.
* 332	Mr. Mahendran K B. Tech	ntd data	Sai Paduka center is absolutely a perfect place to learn Yoga with a proper guidance. Learning Yoga here definitely an eye opening experience and you will love it and feel that for sure	They will also help us to grow mentally to	They follow a wonderful schedule for six days and provide herbal juice everyday
331	Mr. Teja Abishek B. Tech	LNT infotech	It's an excellent experience at SAI PADUKA YOGA CENTRE	I joined here for reason of my severe acidity problem. The way of YOGA teaching is really good and very effective.	It is a yoga accomplished by living values.
330	Ms. Lohitha B. Tech	Infinite	I am very glad that I found this center and Excellent teachers to start my life ...		
329	Ms. Sharmila B. Tech	HP	A very good Yoga center. I learned a lot from this yoga center. I can suggest everyone this is the best yoga center in bangalore.		

328	Ms. Priti Pandey BBMI	Sigmoid	Excellent yoga center.. Both the teachers are very knowledgeable .. every day we have yoga and meditation classes and on Saturdays we have spiritual classes that is a life improvement class..		
327	Mr Girish Graduate	torq 03	Wonderful experience learning yoga, meditations and also Saturday life improvement class.	I am feeling every day fresh, positive and have lot of benefits physically and mentally.	
326	Ms. Aishwarya MBA	KPMG	Best place to start your day. Excellent place for Yoga beginners.Mr.Jayakumar and his wife are such wonderful, motivating and selfless teachers who give personal attention to each and every student.	The post yoga Meditation sessions and herbal juices provided here are simply superb	
325	Ms. Lavanya	Housewife	Its being 2 months I joined Sai paduka yoga centre.I definitely say that this is one of the best Yoga centre in Bangalore to enhance your physical and mental health.		
324	Mr. Rakesh Patni B. Tech	Delloitte	Yoga should be a must for everyone and Sai Paduka Yoga Center is the best place to start the experience of Yoga. Mr and Mrs Jayakumar are perfect teachers who not just teach but go the extra mile in taking care of their students.		
323	Ms. Swapna M.Sc	Epsilon	Excellent. Happy to find the Sai Paduka Yoga Centre	Joined here a month back and it really helps in a balanced life both physically and mentally. Sir and Madam teaches here for good cause which is really bringing good change in many people's life.	
322	Ms. Sushmitha Akineni B. Tech	Fidelity	Sir and Mam are very patient and they treat the students very well.	I used to have severe menstrual problems but after I started doing yoga regularly they subsided	They also provide herbal juice after yoga.
321	Mr. Mahesh Kota M. Tech	Qualcom	It's an Awesome training & a very good place to practice. yoga	I joined for wait loss purpose and I saw there is an improvement. I learnt new techniques to keep mind in peace and fresh and the asanas to make body fit.	Better techniques with affordable cost.

320	Ms. Nikitha Shetty MBA	E Y	I would recommend this to everybody. Best place for beginners.	I had been to this class for one month and I could see lot of changes in me. Especially with meditation .	You get complimentary healthy drinks as well.
319	Ms. Shivani Johri B. Tech	Schnieder	This class has a perfect balance of mind, body and health.	My morning routine has become perfect with a healthy start with yoga	Refreshing ayurvedic juices have enhancing results after yoga. spiritual lessons to lead a positive life, making it a complete mind, body and soul combination. This great initiative has made my life more healthy and aware of our own yogic Indian culture.
318	Mr. Sandeep B. Tech	Philips	Definitely recommend your good work in my circle.	Your efforts towards Yoga, Pranayama, Meditation and spiritual studies are well appreciated. I have learnt a lot from you	
* 317	Ms. Akriti Bagaria M. Tech	Intel	I highly recommend these classes to anyone looking for complete wellbeing through awesome yoga classes.	The classes here are really comprehensive and let the healing of mind and body happen together, complemented by living values and meditation, which also is a core part of the curriculum	
* 316	Mr. Saurabh	Solution Architech	Excellent Yoga classes in Marathahalli, This is by far the best, I highly recommend for anyone and everyone.	Yoga classes are very beneficial. Great meditation experience is also given and hence healing all, mind body and soul	There is a different schedule for each week focusing on various aspects of the well being.
315	Ms. Nagsridevi's	Housewife	After joining yoga, I had many changes in my health and my physical stamina due to thyroid, from 10 years I had many issues. my daily life changed a lot. Health is in proper Condition		
* 314	Mr. Debjeet Sarkar	Xentrix Studios	The very first word that I would like to say about Sai Paduka Yoga Centre is "WOW". It's the way you feel throughout the day, after doing	Feel stress-free, relaxed and energized	Teachers keep you motivated and inspired. Overall, full of. Positivity. best thing is the homely environment

* 313	Ms. Jesna	AMD	Its a great experience, i thank two wonderful teachers. Special Audio guidance) ,which would help us to be stress free and be energetic throughout the day ,And not to forget the herbal juice provided after each session. Sir conducts additional spiritual/Life Improvement class on saturday's which is life transforming and is something which we will not get anywhere and that too for no additional cost		
* 312	Mr. Manish Anand	ISRO	Techniques taught by them is so simple yet powerful. Teachers are working tirelessly to ensure us a better and healthy life	Back pain is gone, tummy growth has been put to check, regain my concentration, helped me to overcome stress and anxiety too .	Sir also talks about healthy and good life which helped me to inculcate ethics and virtues in Life.
311	Mr.Prasun Mukherjee	Sapient	It is a really very good experience	Really effective way of tuning ourselves towards good health and more focused mind. It's a life changing experience!	
310	Ms. Amulya	TCS	This yoga centre is very good	I had severe migraine, I joined Sai Paduka Yoga Centre in the month of January, it's been six months and I don't have migraine now.	
309	Praveena	Careenet	Its been wonderful experience	I feel very relaxed and overcome all the personal and official problems.	Teach all parts of Ashtanga Yoga and it helps not only having a fit body and mind.
308	Mr. Manzoor Ahmed	Trainer, cad center	Best yoga centre in Bangalore, must try.	My anxiety is reduced and I am feeling much better. Training is really good. There will be 1 hour yoga and 30 min of meditation after spending 1 and half hour you will feel great.	
307	Ms. Diksha	ISRO	Very good and effective!!!!		
306	Ms. Sireesha	Student	Best yoga experience, every day inspiring and motivating lectures, the service providing by Jayakumar sir and his wife is astounding. I am very blessed to get trained by such amazing people.		
305	Ms.Shanthi	Sunfra technologies	Joining yoga class helped me in physical flexibility and mind concentration	Daily topics which you use to talk for 2-3 minutes were really motivating.	
* 304	Mr. Umamagesh	HCL Tech	Excellent training, I could able to make some difference day by day. Its never too late to do Yoga	I feel like how light my body is just by relaxing. Learned to overcome stage fear, fluent speaking	Spiritual class (On request from students. Mudra techniques thought.

303	Ms. Sushma	House wife	Excellent training. I suggest people to join this centre to groom themselves and become better and	Happy to be a part of this centre	Very good environment for learning yoga .
302	Ms. Bharkavi B.E.	UST Global	If anybody plan to go for yoga means I suggest this yoga center	Before I joined to this yoga center I had lots of stress and tension in mind.After learning yoga I feel better and peaceful in my mind.	
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302	Ms. Bharkavi B.E.	UST global	If anybody plan to go for yoga means I suggest this yoga center	Before I joined to this yoga center I had lots of stress and tension in mind. After learning yoga I feel better and peaceful in my mind.	
301	Mr. Ravi Kumar M.S.	IMS Health	Overall me and my wife both are very much happy after joining here. Thank you very much from bottom of our hearts sir & madam.	After joining this class, mentally I feel healthy & fresh even after long hours of stressed work schedules, improved memory & re-collection, Flexibility, reduction in Back & Neck Pain,	Everyday they provide brief lectures on life moral values and how to overcome problems. They provide complimentary (variety of) herbal juices. they take extra lectures on values of life
300	Mr. Jayaram MBA	Mphasis	I feel so fresh and active after my yoga hours. Thanks for your daily classes and the special interest and focus towards each member in the class		
299	Mr. Manjunath B.Tech.	IBM	I strongly recommend this Centre for people who would like to join yoga	Practical classes help in improving flexibility, physical fitness and mental strength	It was a wonderful experience learning yoga course here. I am so blessed learning in this center
298	Mr. P. Das B.Tech.	Mindtree	Good place with good yoga training. I have been there for 3 months and one will learn yoga and meditation which is very effective		
297	Ms. Sowmya G K MBA	Danskeit	Its been 3 months am going to yoga class here and I am happy I got a very good yoga centre	I feel active after the class and also there are relaxation techniques which give instant relaxation	
296	Ms. Manasa BE	Mercedes benz	this is one of the best yoga centres in the locality	I have gained lot of information regarding yoga and also about spiritual science.	

295	Ms. Swathi J B B.Com	Accenture	The yoga training at Sai Paduka was a wonderful way for everyone to explore and experience yoga and meditation. Both the Sir and ma'am have been very dedicated, kind and well experienced. Revision of some classes was very helpful. I thank both for their kind attention and motivation.		
294	Mr. Vivek Kumar B.Tech.	Samsung	I would like to continue my yoga classes for a long time	Sir & madam are humble and caring teachers and Help for personal health problem and give some exercises,. We have different herbal juices and can also do accupressure and reflexology. Sunday spiritual classes are also very good	
293	Dr. G.Bhuvanalakshmi Ph.D	Stemcells Research	Everyone should experience it. I would highly recommend.	Excellent place to learn Yoga and Meditation . Within a month I felt difference in physical stamina improvement and Mind relaxation technique really helped me alot to keep myself peace and calm.	Every day 2-3min lecture about LIFE is really thought, which is key essential point to lead successful and happy life. Every day after yoga refreshment with herbal juice is very thoughtful
* 292	Ms. Krupa B.Tech.	ISRO	Any person joining this place will surely take away something good to transform his or herself	My breathing issues went away after practicing the simple breathing exercises. Classes focus on the all round development of an individual, physical, emotional, mental and spiritual. I always find myself very peaceful, centered and healthier than i was before. Halls are spacious and well ventilated. The herbal juice given after class is so nice	
* 291*	Mr. Vinod Kumar B.Tech.	thomson reuters	This is the only yoga class that i have come across where there are many variety of things to learn,	It has been an amazing experience. Both Jayakumar Sir and madam are a true inspiration. The amount of detail they give for a yogasana is absolutely great	Varieties of herbal juice which help in different health conditions. Sunday's, sir takes spiritual science class
290	Mr. Chandran BE	Oracle	This is excellent center for practicing yoga. Definitely it is not money minded center.You will feel good.		

* 289	Ms. Sandya B.Tech.	Amadeus	It was a great experience, I am glad I made it	Lot of interesting aspects in the way they teach like the schedule very diverse and is a combination of most of the issues that many of us could relate to. My desire for yoga has increased because of the amazing Teachers.	
288	Mr.V. Raghu Kumar M.Tech (IIT)	Efi	I have been practicing yoga for 2 months and I am absolutely satisfied. I definitely recommend everyone to join.	Lot of improvement in mind, physical stamina etc., highly motivating teachers, Teaching yoga with values of life.	Herbal juices will be provided at yoga center after yoga classes.
287	Mr. Nikhileswar B.Tech.	Jobsearch	This is the best yoga center. Very good Experience.The instructors have so much patience.They teach everything in yoga in a perfect way		Reasonable fee.
286	Ms. Divya Bharathy M.Sc.	SAP	I am glad I found this institute and I would like to continue learning here.	the class is so refreshing. After reading the article on negative prana foods, I am become a complete vegetarian	
285	Ms. Vijayalakshmi J	TISB	I highly recommend this Centre for people who would like to join yoga	Helped in improving flexibility, physical fitness and mental strength.	Teachers are very motivating and friendly
284	Ms. Yogita Bhaves	HW	Thank you so much Sir for having such a healthy session of yoga in our city	Discovered a lot of changes within myself like anger management ,anxiety and depression has considerably reduced	A feeling of happiness is there when I finish yoga and come back home
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 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		I've been learning. It is not just Asanas, also a complete package with all essentials of
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	improve both physically as well as mentally.Here every day different types	about the different herbal	
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	
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
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 voga	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		
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	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	Benifits 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	Had advice others to join to make me 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 individual problems	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	and giving when it comes to yoga. They teach not only asanas but essential		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	blessing my life since Day 1 class,	concentration, memory and good	yoga) and the class ends with
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)
December - January, 2016					
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,	Memory, Flexibility, Physical & Mental Health	harmony in the class Environment. Assistant to
* 240	Mr. Hemanth Kumar	Bosch	Mental health and good lifestyle, Friendly Teachers & guidance for	Better Health.	Problems has a Solution in Yoga. (Detail Review, pl see)
* 239	Mr. Rupesh	Thermofischer Scientific (previously SONI)	the best in Marathahalli. Very Good Space & Ambience, Individual guidance to correct wrong practice.	Feeling very healthy and happy since i joined yoga	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 !	Spiritual classes. Significantly helped me in a lot of different ways in Work && Personal Pressure	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.	mind, improve my physical fitness and tremendous mental peace & full of energy throughout the day. I	kind hearten person and they always try to help all the students and explains
* 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	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
* 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	yoga center in general to everyone. You have to try it to see what wonders yoga can do to your body	the spiritual classes I could experience a kind of spiritual bliss. One of the very few yoga centers	highly valued. The xperience I can carry through out my life, this is a life changing journey.
233	Ms. Swarna	TCS	This place for learning Yoga & Meditation is different from many other expensive yoga centers for	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	Brought me a great change both physically and mentally. My concentration levels have gone up	Provides personality development
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	Yoga center. It strives to spread the true potential of Yoga that is not just restricted
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	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	I am flexible and mind is more calm and helped me deal with my sleep disorder, great relief from the	The best thing I like is Sir always quotes his own example and help us
* 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	Gained self-confidence and inner peace, improved flexibility & Stamina	Yoga gives mental peace and physical stamina which I have
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	I found many changes in myself both physically mentally, including stress	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
December - January , 2015					
* 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	Shri tensi 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 interviews	It is a very good place to learn and to practice yoga The course is planned in such a way. They also teach us Bhagavadgeetha which helps us to survive in this competitive world
213	Mathur	EMC Sq	yoga, sir and mam are very kind and	for me and I really enjoyed my time	environment with parent like
212	Mr. Kannav Singla	Acemtire	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	Mysticlfe	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	Pratyahara (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, Brahmari 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		Spiritual knowledge which helped us to attain the prosperity of life.
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.	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	patience in explaining and teaching the postures to each and every student perfectly.		
188	Mr Amit Kumar	lbn	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	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	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.		I have been using amla juice. It is good for hair growth and reduced body heat.
182	Mr. Chandrasekhar	metricstream infotech			
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	There is good improvement in the hair growth and fall problem has been reduced to the good extent. I have been using the amla juice, shampoo, hair oil since more than 3 years. There is wonderful result with		
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	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	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		
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 imbided 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	I2i	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 definitely 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	
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	Ms. Divya Roopa.T		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	Mrs. Preranana	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	classes are very useful for a beginner.	The material provided was very informative.	
141	ms. Tanvi	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	Ms. Rashmi	Ytle	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	Mr Shivashankar	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	physically & mentally I am very glad to complete the course specially with Sai Paduka Yoga Center in the		
*135	Mr. Indermohan	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	supportive. Teaching is truly inspirational. Superb teaching, great sense of humor, compassion, generosity.		
127	Ms. Sivashankari	Quintiles	Overall the course was really good	Learned techniques for Obesity, Asthma, Eye disorders, Heart Disease and Thyroid problems	Sir, an inspiring personality, shares some of his thoughts in the prathyahara sessions which really motivate us
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	Sessions are never made bored as we learn new techniques each day focusing on Cardiac, nervous, digestive, Spinal, endocrine, Anxiety, Anger and memory and concentration	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	yoga it was reduced. My new journey started, I am feeling very happy it changed lot of tings 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 life(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	
108	<u>Mr. Sriram Karthik</u>	Intel	Highly recommend this yoga center to people who are looking for a good yoga or meditation center. I recommended my wife also.	Improved Stamina, Concentration, Reduced Stress, Weight	Learned the essence of life through Prathyahara (Teachings to enhance ones life).
107	<u>Mr. Vikas</u>	Oracle	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	Pratyanara), which is quite motivating and will definitely put you under thoughts to include those good things in your life
103	<u>Ms. Prajakta</u>	Housewife	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 schedule.	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	Learned techniques for Concentration, 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 week end	I enjoyed learning	The video was helpful
95	<u>Ms. Jenny</u>	accenture (USA)	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>		much good with my breathing..		
91	<u>Ms. Divya K</u>		admired by the way he teaches everything so kindly...I now feel my body so much at ease		
90	<u>Mr. hariharan</u>	Xchanging	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	here, I am feeling good		
87	<u>Mr. Madhavan</u>	pentafreight	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	experience and learnt a lot from sir. He was very helping in understanding the problems of each student		
85	<u>. Joby Abraham</u>		I 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	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	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	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
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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	Ms. Archi		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	Mr Madhusoodhan	IBM	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 these techniques so that I can use them in my daily		Sir is one of those who is on a mission to make all of us healthier and happier
65	Mr. Narasimhaiah		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	Mr Dinesh Babu	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 , lam learning a lot how to get rid of Tensions by using different techniques		
61	Ms. Swetha		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	Taught what is important

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	<u>Mr. Biswait</u> <u>Sadhu</u>	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 mentary and physically, It rejuvenates me to stay active throughout the day. Also, helped me to stop smoking, follow a good discipline. & enjoy the breakfast
*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	<u>Mr. Mohit & Harshala</u> <u>Bhargava</u>	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		management	

47	<u>Mr. Ramesh Babu Maddri</u>	Accenture	It was really help for me. I feel the stress relief & improve concentration		
46	<u>Mr. Srikiran</u>	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 &		
45	<u>Mr. Venkat</u>	igate	I feel light and relaxed after doing yoga. Especially the 8 pranayama techniques help me a lot.		
44	<u>Mr. Harneet Singh</u>	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	<u>Mr. jagadish Reddy</u>	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	<u>Mr. Uppesh Goja</u>	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	<u>Mr Tej Kumar</u>		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	<u>Mr. Anish Varghese</u>		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	<u>Mr. pavan kumar</u>	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	
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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	
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 , shouder ,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 relief 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 problem for me for past 2-3 years was greatly reduced by end of 4 th week
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.	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.	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>		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>		But now I can do entire pranayama in vajrasana:-) I am happy to see the developments in me ,also my		
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	
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>		reduced two kgs in ten days. And I got ability to maintain proper diet		
17	<u>ms. Rani</u>		Jayakumar sir has taught me many techniques which were really helpful for me. I feel benefited attending		
16	<u>Mr. Ashish</u>	Cisco	away from daily stress completely. Also, the memory and concentration management techniques are very		
*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 ankolying spondylitis. I feel that this is a good technic to keep our body fit. I got lot of good benefits		
13	<u>Ms. Lakshmidhana</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 Pranayama is	
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	Ms. Sree Latha		I 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,
1	Ms. Swapna		I joined yoga to reduce my weight and my belly	I got benefited by this classes I have reduced my weight