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To whom it may concern:

I wanted to take this time to acknowledge Abhinaw Sagar in his leadership and guidance as my Bikram Yoga instructor. Abhinaw's classes are relaxing yet vigorous. He has taught us to recognize our limitations and yet given us guidance on how to extend beyond those limitations to achieve our goals.

In the past year, I have noticed that my living style has changed. I feel healthier, I have eliminated a number of stressful elements surrounding me, which has given me a more enlightened perspective of life.

I wish Abhinaw Sagar at Bikram Yoga Santa Clara continued success.

If you have any questions regarding my thoughts regarding Abhinaw Sagar, please contact me at the number above.

Sincerely,

Agnes Flaviano-Spence