



# BIKRAM'S

# YOGA COLLEGE OF INDIA

**Bikram Choudhury**  
President

November 18, 2006

## TO WHOM IT MAY CONCERN:

This is to inform you that, Mr. Abhinav Sagar, certified Bikram yoga instructor, has been selected for our advanced yoga training program, starting March 1, 2007. During this three month of training program, (March 1, 2007-June 30, 2007). He will be studying about the Bikram yoga advanced series postures and will practice Bikram hot yoga on a daily basis. This training program will ultimately help him to understand yoga philosophy and medical benefits of Bikram hot yoga.

Should you have any questions, please do not hesitate to contact me at 310.854.5800.

Thank you.

Sincerely,

Bikram Choudhury  
President, Bikram's Yoga College of India