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Abhinav Sagar  
Bikram Yoga Santa Clara  
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Dear Abhi,

Your outstanding leadership in Bikram Yoga Santa Clara has positively changed the lives of many students in our studio. I am an avid Bikram yoga practitioner who practices daily and I have to thank you in large part for my passion and drive to improve in my practice.

The classes which you teach are very challenging. Your classes take us out of our comfort zone and you have taught us to relax and focus on each pose in the toughest and hottest conditions. I have practiced in over 25 different official Bikram studios and I call Santa Clara my 'home studio' largely in part to the tough discipline that you have instilled in your classes. Pushing us to the edge with your support and instruction is how we get better.

Your experience as a yoga practitioner and teacher is passed on to us through your instruction. Every little detail is important in this practice and you will correct us in our poses as needed - which we really appreciate. Your sense of humor also helps to lighten the spirits of the students who are bearing the heat and difficulty in class.

You are tough but soft and caring with your students. You often go the extra mile in helping your students both during and after class. This is definitely the sign of a great leader. You are also very observant with the students and you will adjust the 'heat' in the class based on the experience level and the reaction of your students. Despite maintaining the standard temperature of 105 degrees, each class will feel different depending on the outside humidity, temperature and the number of students in the class - you assess the situation well and make necessary changes.