

February 23, 2011

To whom it may concern:

This is a letter of recommendation in support of Master Yogi Abhinav Sagar as instructor.

For the past year and a half, Abhinav and the other instructors under his guidance at my studio have led me through the Bikram series of 26 postures for 90 minutes a day, in a room heated in excess of 110 degrees at 40% humidity. There were many times I wanted to give up, to look for an easier practice, but with Abhinav's mentoring and encouragement, I stayed with it. Today, the herniated disk in my lower back no longer hurts when I stand or walk. I've lost a total of 40 lbs, and gained an inch in height. Every day, my postures improve, along with my overall sense of health and well being.

Abhinav Sagar is a true master with a deep and profound understanding of Hatha Yoga. His ability to maintain a perfect cadence for each of the 26 Bikram postures, simultaneously offer posture corrections to students at any level, and find the perfect words of encouragement for students who struggle or feel overwhelmed is just unmatched. Simply put, Abhi is hands down the best yoga instructor I know. My studio and I are both lucky to have him.

Abhinav is a master of more than just Bikram yoga, but this is my practice, and the style under which my sense of health and well being has improved so measurably. I heartily recommend Bikram yoga to anyone who is looking for a general strategy to improve their health, and if you're lucky enough to find him, Master Yogi Abhinav Sagar as instructor in particular.



David Basham