



December 1, 2010

To Whom It May Concern:

This letter of recommendation is written on behalf of Abhinav Sagar, a participant in the Vinyasa Flow Yoga Teacher Training & In-Depth Studies Program since Spring 2010. I have had the opportunity to observe and work with Abhinav in several aspects of yoga teaching, including his own asana practice, his work with students, and through his highly informed participation in discussions of yoga philosophy, methods, and techniques.

Abhinav came into our teacher training program with extensive prior experience as a student and teacher of yoga. He has a highly commendable knowledge of asana, pranayama and mediation techniques, and also has a considerable knowledge of yoga philosophy. But where he most excels as a teacher is in his strong and fluid interpersonal communication skills. He has a natural way of putting those around him at ease, thereby enabling his students to easily grasp his guidance while tuning into their own experience of yoga practice. He is also very well organized and responsible, conducting himself with a professional attitude.

I could go on and on about Abhinav; he has a very well developed advanced asana practice, a wonderful rapport with students and fellow teachers alike, a delightful smile and sense of humor, and a clearly deep commitment to the fundamental values and practices of yoga. As a participant in our teacher training program, he frequently offered insightful comments and suggestions that were very helpful to his peers, and is, indeed, sufficiently knowledgeable and experienced to soon be an effective teacher of teachers himself.

I recommend Abhinav to you most highly and without reservations of any kind. If you have any further questions with regard to his background or qualifications, please do not hesitate to contact me.

Yours Sincerely,

Mark Stephens, E-RYT 500
Director, Vinyasa Flow Yoga Teacher Training & In-Depth Studies
831.331.3955