



STANFORD

HOSPITAL & CLINICS

Stanford University Medical Center

Sadhna Sud RN, BSN
Cardiology Nurse Coordinator
Stanford Hospital and Clinics
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To Whom It May Concern:

I joined Bikram Yoga late last year and didn't know what to expect since this was a new experience for me. I was fortunate to have Abhinav as my instructor the first day and he set the tone for my experience at Bikram Yoga. Abhinav uses a unique combination of encouragement for the beginners and challenge for the advanced students and in doing so he allows each person in the class to reach their full potential.

I was suffering from back pain but I was encouraged every day by Abhinav and was able to improve my back pain and overall health in a short period of time. Unfortunately, I had to undergo back surgery and had to discontinue yoga for a while. I did return as soon as my physician cleared me as I had full faith in Abhinav and his very competent team of instructors.

I talk about my experience at Bikram yoga with my family, coworkers and friends and encourage them to try it out.

Abhinav is an excellent manager, instructor and mentor to all of us who attend Bikram Yoga. He truly cares for all his students on a personal level and that is what makes a difference.

I fully endorse any ventures that he wants to participate in the future. I am looking forward to gaining many health benefits from my yoga practice and I whole heartedly endorse Abhinav who is an integral part of Bikram Yoga.

Please feel free to contact me for any questions at ssud@stanfordmed.org

Thank you

Sadhna