

Date 05/12/11

To Whom It May Concern,

I have been taking yoga instruction with Abhinav Sagar three or four times a week since March 2010, and can say with great confidence that he is a master teacher. I am a software engineer and have been trained extensively in modern workout and yoga. He is one of the best teachers I have ever worked with. His classes strike a remarkable balance between relaxation and physical challenge. He is clear with both his verbal instructions and demonstration skills. Abhinav demonstrates a solid understanding of techniques, knowledge and instruction. He observes each student and provides appropriate corrections as needed. Abhinav has a comfortable manner of interaction with students and provides a lot of instructions for the safety of new students.

By stressing correct alignment and technique, he is helping his students to maximize the benefits of the exercises. For me, the result is increased strength, flexibility, and body awareness. I have been working very intensely, without injury, and know that this is, in part, due to Abhinav's classes. I am leaving each class physically and mentally centered, with my muscles stretched and fatigued, but never strained.

Sincerely,

Vladimir Beliaev

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Regards.

Vladimir