



## Reviews/Feedback/comments from our YOGA class members.

### **Incredible Class** By kishoredath - 2/1/10

I had a little understanding of Yoga prior to actually doing the exercises, but after just a few classes and some insight into the real meaning of Yoga and Meditation, the reality of who I am is beginning to manifest. My instructor has made it one of the easiest ventures I decided to attempt. I am glad I did, because now I can see things and situations as it is and not as I want it to be. The mind, body and soul is beginning to work as a team and not against each other. That I think is the source of what Yoga is all about. I would encourage anyone to explore their true potential by attempting yoga. Thanks to Pratibha the instructor who makes it so easy.

**Gentle/ Beginner Adult Yoga class for...** By Emily - Jan 6, 2010 I had never tried Yoga before I started taking this class. My boyfriend had very bad back pains and Yoga seemed like a good choice in relieving it. At the beginning it wasn't easy, but by the end of the 6th month, his pain was gone; Now we never miss a class. It helps me get rid of stress, calm down, and keeps me in good shape. Pratibha (the instructor) is great. She gives everyone individual attention and is a good advisor. I wish I had the time to take the class more often!

**GREAT class** By carmarbar I had never done yoga before and was very intimidated to try it. The instructor made me feel very comfortable and showed me how to modify the poses until I was more comfortable in my abilities. I have seen great changes in just a short amount of time with both my strength and my body. Definitely a class for anyone who wants to finally try yoga. I am thrilled that I found this class!!

E mail- By A.B. 08/03/09 - I apologize that it has taken me so long to write to you. I was in your prenatal and gentle yoga class. I just wanted to let you know I gave birth to my daughter on June 3 at 11:21 pm, weighing in at 6 lbs 4 oz. I was able to use the breathing exercises during my labor- they were very helpful. I was having back labor, but fortunately, they did not have to use forceps or the vacuum and I didn't have to have a c-section.

User Rating: 5 out of 5 stars by Melissa 02/24/2009. Excellent instructor & excellent prenatal yoga class! She provides her students with much knowledge regarding relaxation techniques & breathing exercises; she also gives each student the individual attention they need for their practice whether novice or experienced. I always feel great after class & I highly recommend this prenatal class to every expecting mom!

User Rating: 5 out of 5 stars by mpisciotta 04/03/2008. This class is always a wonderful experience; it leaves me relaxed and refreshed. The small class size enables the instructor to tailor the exercises to each person's ability. It is non-competitive and great for beginners or those who already have had some yoga lessons.

User Rating: 4 out of 5 stars by t 03/31/2008 You cannot ask for a better Yoga teacher. She works at your level, shows you what you should do, helps you when it is not working for you, and is extremely patient and calming. We have been attending her classes for over 8 months and are very happy.

User Rating: 5 out of 5 stars by YogaR 03/17/2008 The BEST yoga instructor! She is knowledgeable, takes the time to teach you properly and checks your correct positioning. Breathing techniques she teaches are fabulous.