



Reviews and comments for our YOGA CLASS Members

By Beth- Hughes 03/31/11

Yoga Breathing has a very positive effect upon my blood pressure.(I have hypertension).A few minutes of yoga breathing practice drops my blood pressure readings significantly. I have used a BP "CUFF" reading to double check it HURRAY for Senior Chair YOGA!!!. Thanks Pratibha.

Lisa - Oct 24, 2010

Prenatal & Gentle Yoga I started taking Pratibha's prenatal yoga classes and continued with her gentle yoga classes when there wasn't enough interest to continue the prenatal class. As my pregnancy progressed, she has provided modified moves that were safe and comfortable for me, while not taking away from the rest of the class's experience. Pratibha is a great instructor and is very encouraging. She is always positive. Pratibha takes time to give independent attention to each student, making sure they are comfortable in their yoga poses as well as getting the most from the pose. Yoga class is always a highlight of my week, providing great stretching through yoga moves and meditation.

Madeline - Mar 14, 2010

Pratibha and Parul, India 2010 The adventure to India provided inspiration to know myself more deeply. The places we saw and stayed added an understanding of a world larger than I had known before. Integration of all the wonder is still going on.... The kindness and patience of the the sisters who created the trip added a home like experience even though I was so far from home. India is filled with so much history, I came home wiser, stronger and directed on my path for what is next. Thank you for the trip and all that it enlivened in me...If you are wondering whether or not to take a trip your self ...Go For It !!!!!

Marion - Mar 3, 2010

India Trip 2010 This trip was a wonderful combination of yoga, sightseeing, and immersion into the wonderful culture, people, and food of India. The whole experience was enriched by going with someone from India, who can give greater insights than going with a package tour. I felt more like a traveler than a tourist.

Melissa W.- 8/12/2010

The gentle/beginner yoga classes and workshops have helped me with both relaxation and relieving some physical ailments. Pratibha balances the push for that deeper stretch with modifying poses to accomodate physical limitations. She creates an inclusive, nurturing and peaceful environment. I look forward to our session each week. I also find her audio mediation CD very helpful.

By JustJoan- 07/24/2010

"I can walk down stairs easily now!" "I don't need hip replacement now!" "The water therapy suggested by Prathiba REALLY works-my 'eliminations' are regular now!" Jut a few of the remarks made by SENIORS who attend CHAIR YOGA This Yoga is fun! Our teacher pays close attention to each of us! Come laugh and learn! We'd love to see YOU there!

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 venture 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 make is so easy.

Gentle/ Beginner Adult Yoga class

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 – 10/10/09

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.

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!

By Marion P- 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.

By T- 3/31/2008

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.

By Yoga R – 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.