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WHOM SOEVER IT MAY CONCERN

Ref : My experience with Sanjay Lagoo as consultant Yoga
Therapist and Teacher.

I had been suffering from extreme breathlessness since 1997. It started out as a small ailment which would sort itself out by taking Asthalin for a couple of days. Simultaneously being weight conscious I was doing Aerobics. Gradually the breathlessness increased and within a span of 9 months I was on medication of Asthalin thrice a day every 2 weeks. By the end of the year I was having extreme difficulty in lying down and sleeping. I had to sit and sleep in order to breathe comfortably. My doctor prescribed the Asthalin pump to relieve the discomfort.

Around this time my aerobics instructor being aware of my problem suggested I try Sanjay's Yoga classes. The breathing techniques and exercises that he taught me, slowly began to relieve me of my breathlessness. I began to breathe comfortably again. Today 9 months after joining Sanjay's class I am totally cured. I have not taken either Asthalin tablets or pump since the last 6 months

Along with curing me of my ailment, the asanas he has taught me have helped me to lose weight without my having to resort to extreme diets or strenuous exercise.

I hold Sanjay's method of teaching in very high esteem. Not only does he consider each person's individual problem while conducting the classes, but he also spaces out the exercises in such a manner that students of varying fitness levels can cope comfortably.

I shall always be grateful to him for helping me to breathe normally again.

Yours sincerely,

B. D. Gandhi.

Bhavna Gandhi.