

# Life in Yoga Testimonials

Please click on each picture or link to view the video on Youtube. Our Youtube Videos can be located through 'Life in Yoga Rajan'

# Ramesh Bhutada

Curing the Incurable - Stories in Public Domain

- Recovery from Chronic Fatigue Syndrome after 35 years of suffering, with breathing and mantra techniques of yoga
- Mitral valve regurgitation reduced from 40% to 7% with mantra techniques
- Improvement of digestion and spine



What America is Learning From India | Karolina Goswami

Watch later Share

INDIA IN DETAILS

RAMESH BHUTADA  
CEO, Founder, Star Pipe Products, USA

MORE VIDEOS

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10:28 / 45:31

CC HD YouTube



**DEVINDER MAHAJAN**  
HOUSTON ASIAN AMERICAN ARCHIVE ORAL HISTORIES, RICE UNIVERSITY

# Devinder Mahajan

Overcoming incurable hiccups and weakening heart  
As he says: "little practices go along way to curing many conditions in the body"

# Pravin Dalsania and Manju Dalsania

Pravin: Relief from major sinus issues, improved sleep;  
Manju: Overcoming frozen shoulder issue



## Anila, Dinesh and Neha (daughter)

Neha: Improved sleep & vitality;  
Anila: Overcame Migraine

# Kamlesh Chawla

Significant lowering of  
blood pressure, stopped  
sleeping pills



# Charan Kumar

Relief from acute  
back pain

**Edit this video chopping  
off last 76 seconds – end  
at 4 mins.**

Jaya Sundar

Lowering of blood  
pressure, and  
Arrhythmia



Naresh Chand

Better sleep,  
More energy



Sudha Bhatt

Lowering of knee  
pain, better sleep



Manjula Kumar  
Avoiding surgery  
with  
Breathing

# Neelam Batra

Off from prediabetic medicine. Better Sleep

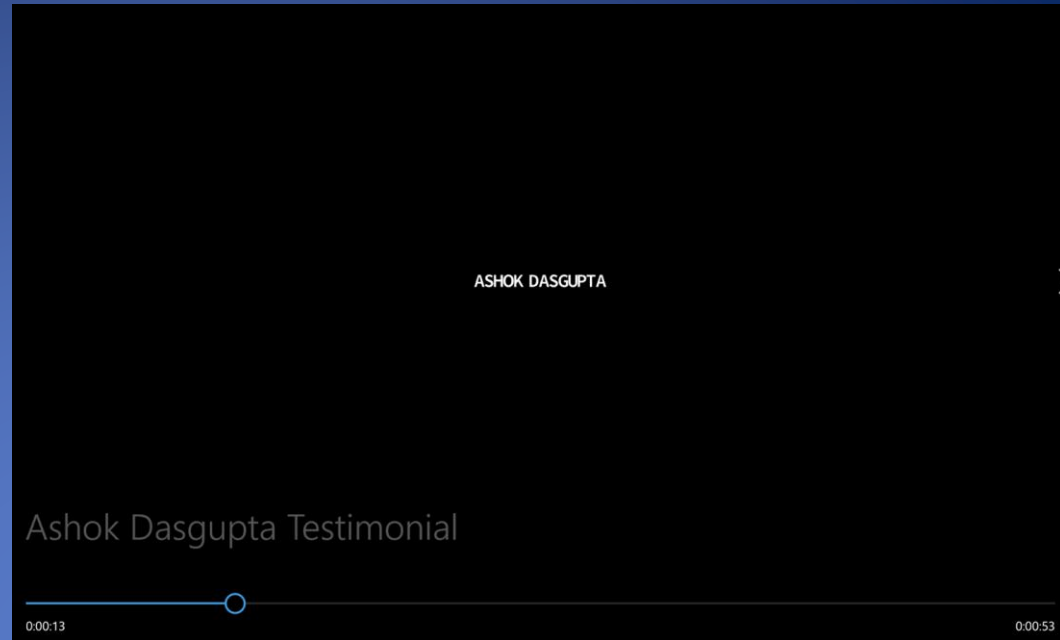


# Sushma

Yoga is beneficial for body, mind, blood circulation and strong muscle

# Ashok Dasgupta

Sleep better, Back Pain reduced, flares up if I do not practice



# OM and Suman Chhabra

Retired pediatrician. Feel good mentally physically, upbeat all the time. minimal medicine.



# Kiran Bhatia

Gives me comfort. Early morning mucus is not there. I am healthy and moving around.  
Feeling good



# Sudha Narahari

Headache, back pain, energetic all day.  
Stopped migraine medicines

# Bharat Shah

Thyroid medicine reduced. Seizure, shaking left hand.



Mira Chopra Testimonial

# Mira Chopra

Chakra practice helps me sleep. feel good all day

# Anita Houde

Able to sleep, Hypertension, BP under control. Enjoy Chakra Vibration, feel peace.

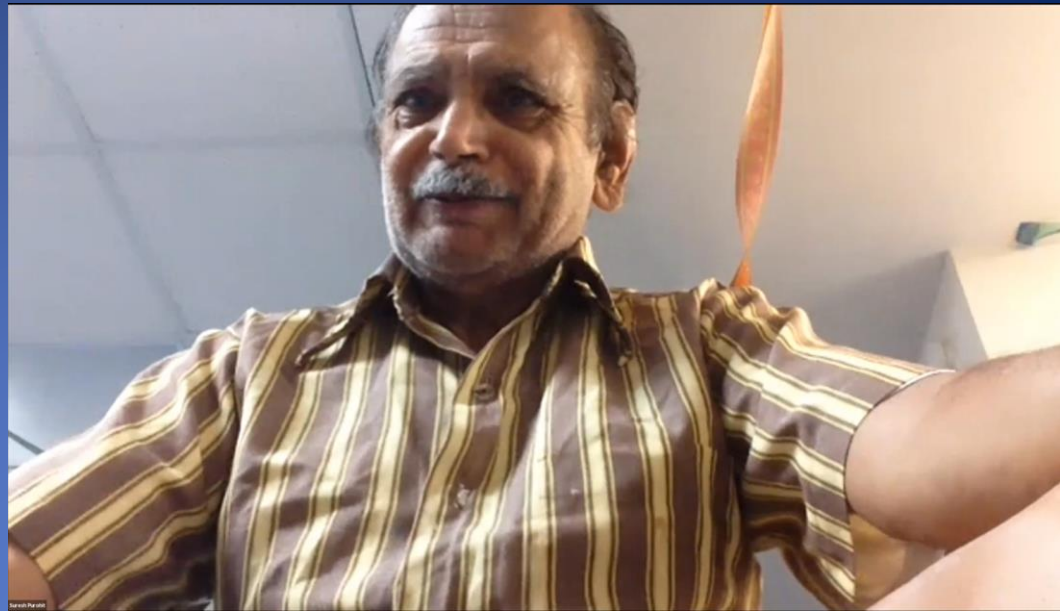


# Miss Piyush Agarwal

Better Sleep. Back pain patient

# AL Kapoor

Gives energy and inner strength and eeps my cosmic connection



# Bimala Krishnan

Medication reduced on Blood pressure and Diabetes. Got mental peace, Vitals became normal and pain reduced



# Bhuvana Mahadevan

Helped me calm down in 3 months, stopped overthinking. Things happened miraculously to me. Neck pain reduced, overall fitness gone up. Started jogging



# Dr Dashottar

Feel relaxed and sleep better

# Nisha Singla

Become flexible from head to toe. Shoulder pain gone. Got 100% movement on wrist which was fractured 2 years back



# Prabha Kumar

Mantra vibration is good. Helps me focus better.

# Manju Malhotra

Feeling better with problem in calf muscle  
and shoulder, Blood Pressure is down. .



# Dr Rukmini Kumar

Severe cervical spondylitis pain is fully gone.  
Hip pain fully gone

# Deepak

Shoulder pain gone. Sleeping better. Blood pressure came down. !



# Purnima Shah

Better sleep. Stretching makes me more active throughout the day.



# Prem Bhaskar

Encouraged to listen to others' benefits. I have become addictive to this yoga session. I had open heart surgery. In process of recovery. Practice reduce my tension.



# Anna Sharma

Why do you come to yoga? Anna says why do you eat everyday? It is food for body and mind. Nobody taught about how to synchronise breath. Shoulder pain is fully gone. I love to come to session

## Antee Coonjan, Mauritius

Doing very well with Sinus, pain, Asthma.  
Shoulder pain is now fine.



## Neeru Agarwal

Helps me all the time. Mentally and  
physically relaxed and get a bonus spiritually  
on Sunday!

# Satish and Rama Sood

Spinal exercise is very helpful for my injured back.  
Now able move and walk around easily. Not  
taking anti-inflammatory any more. Husband has  
Parkinson disease. He is trying to do as best as he  
can.



# Sujata

Joined for vitality and meditative experience.  
Feeling better. I have back pain and left side  
pain

# Chakri Panchagnula and wife

Wife- Used to have small issues. Vertigo is gone. The day I miss I do not feel good. Chakri- Calms me down. Gives me good night sleep. Diabetic numbers significantly improved



# Srinivas Mitta

My vertigo is completely gone because of this practice

# Mythili Varadarajan

More energy, sleep well. Knee is better and I  
walk better. Breathing is much better

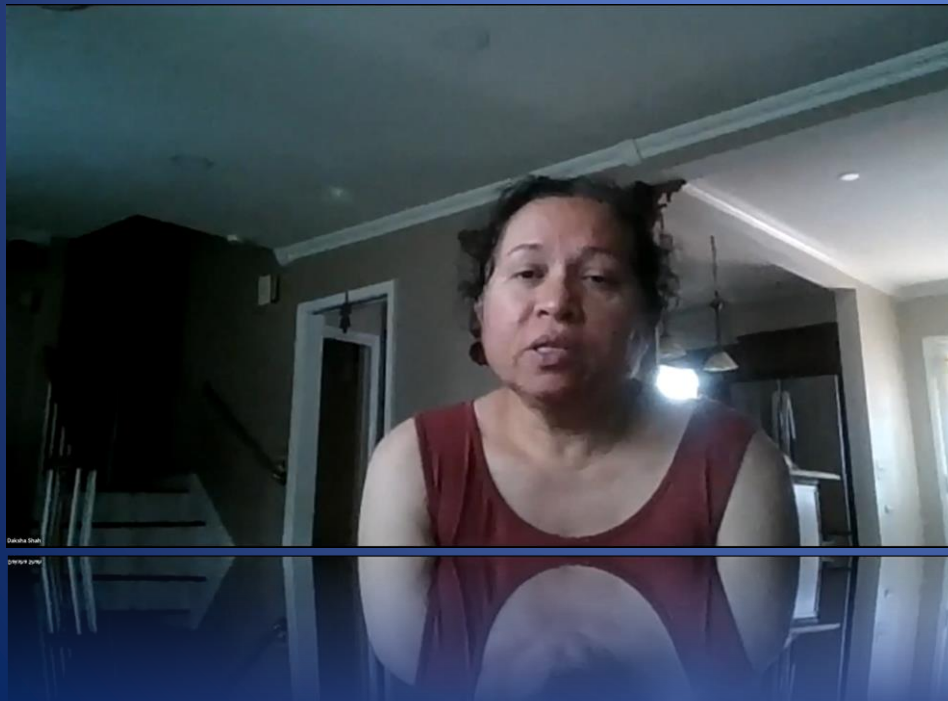
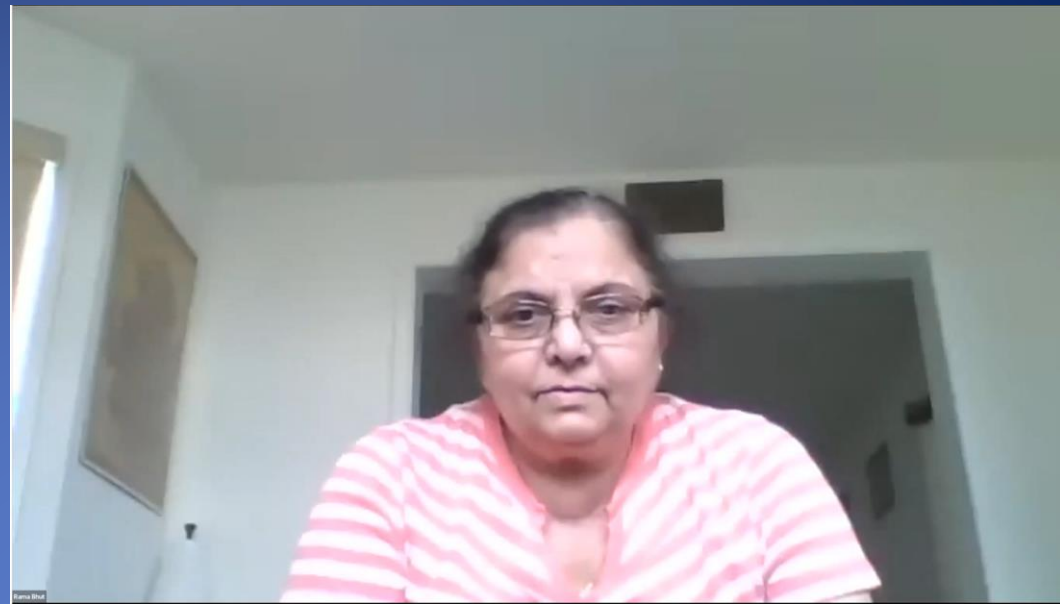


# Sally Cornell

Look forward to the live session. Age and  
stress overplaying. Now I can breath better,  
circulate the hands better.

# Rama Bhut

Sleep is improving. feeling calm

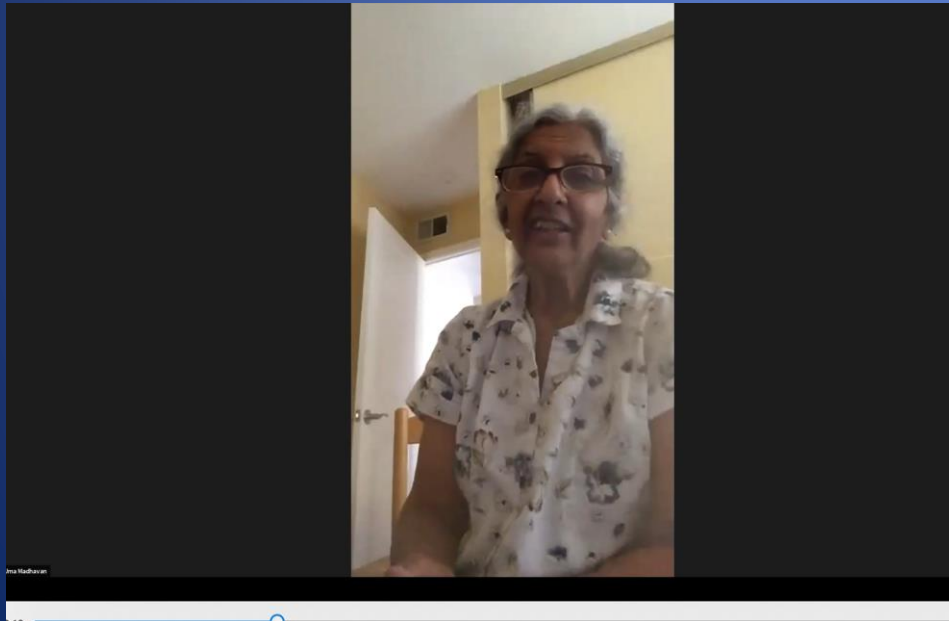


# Daksha Shah

Cancer and Seizure patient doing much better, sleeping better. Better energy, Having positive feeling

# Dr Patel

Got sick 3 months after knee replacement,  
Severe Myositis. could not sleep. All test  
negative. Stopped all medicine. Knee is  
perfectly all right . Pains are 80% better.  
Doing very well



# Uma Madhavan

Practice helped my Asthma. Not taking  
inhaler or medicine any more

# Tatiana Wisnom

Toothache at the bottom of gum gone after 5 days yoga practice. I can eat. My cheek, throat is resonating.. I came across something which I never experienced before



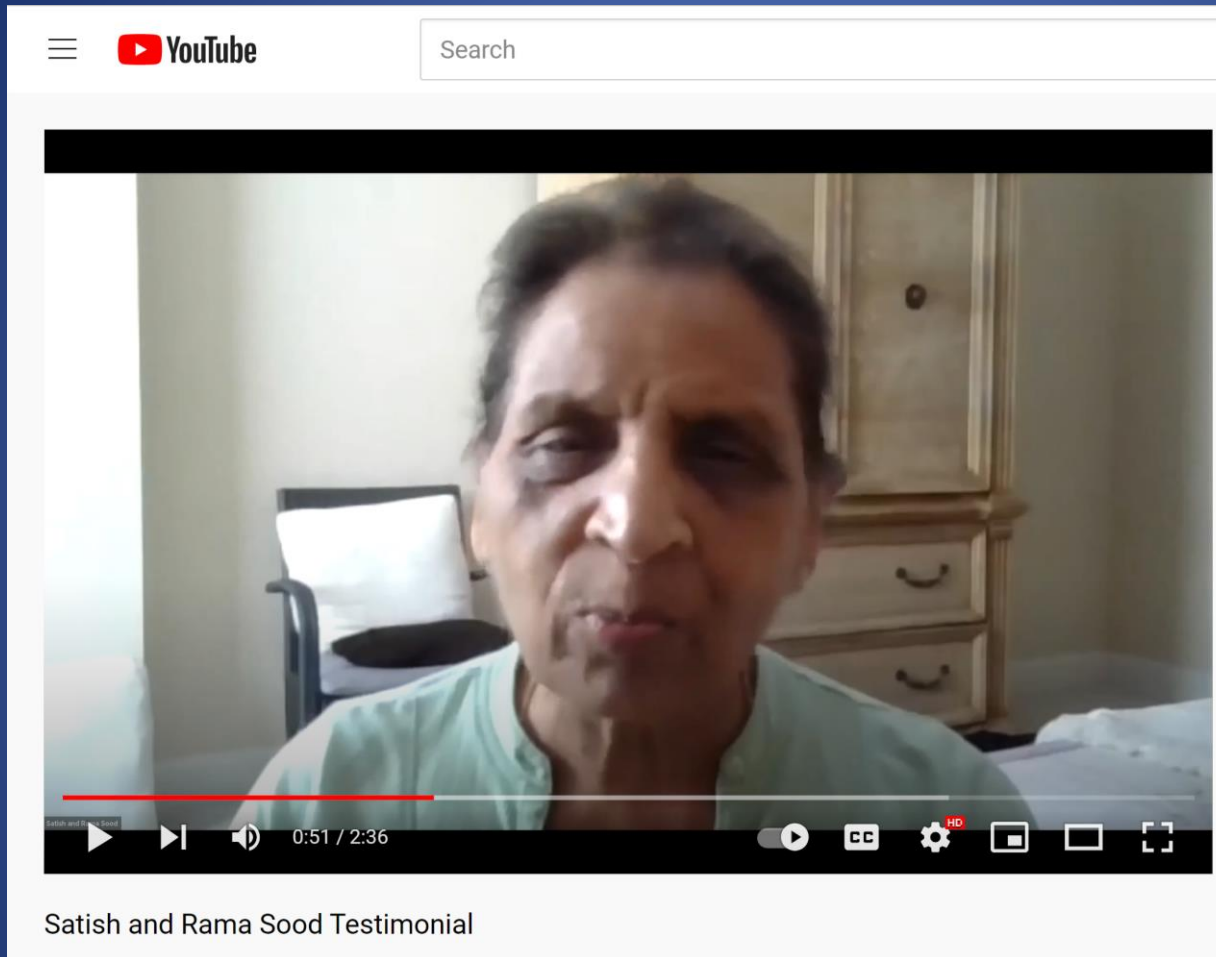
# Hema Modi

Getting over Hypothyroidism after 14 years with daily yoga





[Satish and Rama Sood Testimonial - YouTube](#)



The image shows a YouTube video player interface. At the top left is the YouTube logo. A search bar is located at the top center. The main video frame shows a close-up of an elderly woman with dark hair, wearing a light green shirt, speaking. The background includes a wooden cabinet and a chair with a white pillow. Below the video frame is a playback control bar with a progress indicator at 0:51 / 2:36, and icons for play, volume, closed captions, settings, HD, and full screen.

Satish and Rama Sood Testimonial

Dr. Sharad Patel audio

[Dr Patel Testimonial - YouTube](#)

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