



Hello everyone,

I am Madhuri, an Indian resident, staying here in Kuala Lumpur. Yoga the word itself makes me calm. I am practising yoga under the guidance of our guruji Sri Khemchand Gupta in NSBICC since six months. I am a recent beginner to yoga. The main objective for me joining this yoga classes is to reduce my weight and to keep me fit and healthy. I was overwhelmed with my very first lesson feeling a sense of great accomplishment at the end of it. From the day one I can feel how the body reacts and responds after each session. My body became more flexible which I never imagined to be and it keeps me fresh throughout the day. Yoga is a great exercise routine if done regularly. Can u imagine without lifting heavy weights and running for kilometres one can burn fats by sitting at one place and doing pranayama (breathing exercise)? This can happens only in yoga. I really appreciate the knowledge of our guruji in conducting classes systematically so that each and every part, organs get its own benefits by doing different postures and breathing exercises. He clearly appreciates and attends to individual needs. Each session has different stretching exercise, time for relaxing and meditating. Through daily practice that our guruji has given me, I have started to lose my weight and get into shape and I have strengthened my willpower and my powers of concentration. I have felt my brain cells breathe and organs lengthen. I feel that I am becoming closer to self-realization with every breath. I leave each session with great knowledge and awareness about the body. I can guarantee that everyone can take something out of every session. In spite of our age, build or fitness it is a guaranteed work out involving mind, body and soul co ordination. I am really happy that I choose right place and right person (our guruji),it gives me immense pleasure in thanking our director Mr. K Ayyanar, director NSCBICC who is very much supportive and our guruji Sri Khemchand Gupta for conducting yoga classes for the benefits of the society.

Thank you  
Madhuri

*Madhuri*  
madhurijanaki13@gmail.com