



Dr. RAMESH HOSPITAL

Live for Life

Phone : 2315 1873
: 2314 8919
: 2314 8918
Telefax : 2311 6750

6/63, 59th Cross, 4th Block, Rajajinagar Entrance (Opp.) MEI Polytechnic, Rajajinagar Bangalore - 560 010.
E-mail : endoram2004@yahoo.co.in, www.laparoscopicsurgeries.com

22/06/10

My self introducing this is K. Madhureshan
I was doing yoga last 6 months before that I am ~~not~~
very fat because of that can not able to walk.
continuous for 10 mins after starting yoga I am feeling
better to walk and now am walking around 1 Km,
without sweating. I can lend my body very well and
I can move my hands and legs very fastly and can
I can able to work very fastly.

K. Madhureshan



Dr. Ramesh
Hospital

Dr. RAMESH HOSPITAL

Live for Life

Phone : 2315 1873
: 2314 8919
: 2314 8918
Telefax : 2311 6750

6/63, 59th Cross, 4th Block, Rajajinagar Entrance (Opp.) MEI Polytechnic, Rajajinagar Bangalore - 560 010
E-mail : endoram2004@yahoo.co.in, www.laparoscopicsurgeries.com

24/06/10

I Mrs. Deepa Siddeshwar, I was doing yoga.
from last one and half year (1 1/2 year). It is
very good experience in my life especially my
health and personality development. Previously I was
suffering from severe gastric problem now it's all over
and I became very thing everything actually
my age is 41 years but I feel like 25 years old girl.
means now a days 40 years old people is facing
lot of problems like diabetic, pain, B.P, Gastric etc,
but I doesn't have such type of problems
now. I can do my work myself and I
can walk very fastly with in 10-15 mins I
can reach can walk for 1/2 - 1 km. Really
It is a wonderful experience in my life.
Really I am very happy to do yoga.
Deepa