

July 19, 2016

Good Morning Dhaval,

I'd like to take a moment to thank you for inviting Swami Adhyatmanandaji to join us at BMP and give our employees a chance to understand some philosophy and physical techniques to help with stress relief of our bodies and minds.

Swamiji was a very impressive speaker, showing charisma and good character with the perspectives he shared. He immediately captivated the room and did not disappoint with his stories and how they relate to everyday life. I can speak for the group when I say that what he taught us by the means of breathing techniques, exercise and philosophy is something that has resonated and we've incorporated into our daily lifestyles. Everyone who participated was glad they did, and others who missed were soon disappointed when they realized how valuable the class was. I again want to thank you for your part in making this happen and we all hope to have the chance to spend some time again with Swami soon in the future. In the meantime I'll use what I learned; I've already been working with my family on it! Please send our sincerest thanks to Swamiji for his time and efforts.

Best Regards,



David Victor  
Director of Human Resources



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