

March 31, 2009

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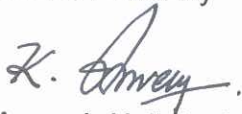
Program Coordinator  
(Sahaja Yoga Corporate workshops)  
Life Eternal Trust  
C-17, Qutub Institutional Area  
New Delhi

**Sub: Stress Management and improved IQ, EQ through Sahaja Yoga  
Meditation**

We thankfully convey our appreciation to Life Eternal Trust Sahajayoga Team for conducting "Sahajayoga Meditation Program" for the senior members of our organization.

We had around 50 employees attended the session in two days. This unique method of meditation based on an experience of the awakening of one's inner potential and the process called as Self Realization has been experienced by all attendees. We are sure this will go a long way in Stress Management and enjoying a balanced life at Physical, Mental and Spiritual level by all the participants. We are thankful to you for conducting the workshop for our employees. All the sessions conducted were very simple and scientific. The feedback has been encouraging.

Yours Faithfully



Anvesh Kallakuri

Associate Manager - HR