



Young Entrepreneur of the Year
2007 Winner - BODHI



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Recognizing Business Excellence

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BODHI : TESTIMONIALS

TD Commercial:

- "Simple practices that we can all incorporate in our daily lives."
- "Great session, helps to **relax and feel positive about your day.** "
- "Sign me up! "
- "**Great session**, really made me aware of my breathing techniques."
- "Thank you about the great tips about being in the here and now and the breathing techniques."
- "**Very beneficial** - thank you! "
- "Great tips! Great theory behind it."
- "**I'll practice the deep breathing daily** for 15 minutes - Thank you!"
- "The deep breathing will **allow me to relax, and especially help me to sleep.** Thank you."
- "Fantastic - Thank you."
- "Great help. **Really felt a physical difference** in my limbs and lots of value to the breathing . Thank you."
- "This was a **great experience.** Has made me more interested in yoga. Thank you!"
- "**Very insightful.** Love to hear the teachings."
- "**Heightened awareness** on breathing... excellent!"

DESJARDINS :

- "Thanks! For me **it was the answer**; a tool for getting my health back."
- "I feel I am starting to discover all the deepness of what is yoga."
- "I feel **my body 'unlocked'**, Thanks!"
- "Done with **authentic inspiration.**"
- "The thoughts inspired me to look at ways to **improve my life and my family's.**"
- "The teacher is so in control of the subjects and knows how to introduce them slowly into (our) life."

BOMBARDIER AEROSPACE :

- "Very interesting - **captivating** - teacher really knows how to get us into it. Fantastic."
- "I loved all the workshops! I can already feel some improvements in my personal life (this is almost **unbelievable**). It was the best thing I could have given to myself. Thanks!!
- "This has been a **great investment.** Everything is coming together so we see the whole picture"
- "Doing this at lunch during the day is a most wonderful opportunity. **I appreciate it 100%.**"
- "I was eager to see such a program in place here. I love it and would **recommend it to everyone.**"
- "It brought a different understanding than my previous perception. I am so grateful that the company made the effort to provide this and I will make the effort to benefit from this."

- “Very good session. Excellent instructor, **knowledgeable in all domains**. Great job!”
- “We are thankful for your participation in our event and truly believe that the concepts will make its way progressively in the minds our employees and managers. The participants commented on your great communication skills and **wonderful combination of "intellectual-emotions" intelligence**. Your **sense of humor is also A+**. You also have the ability to put everyone at ease very efficiently and enticing people to simply "try it".” – Ms. Isabelle Gautier, Bombardier Annual Leadership Seminar 2008

HYDRO QUEBEC :

- “Bravo! It is the first time that I hear these principles **communicated with a scientific point of view**. Mindfulness and meditation have been explained without any esoteric principles or religious beliefs. It is exactly what I am looking for in Montreal.”
- “Made me want to practice yoga again!”
- “**Best hour of my week!** it reminded me to breathe.”
- “An appreciated opportunity to see firsthand the benefit of yoga.”
- “Thank you, **so relaxing!** I really wish (my colleague) had been present, she is often stressed out!”
- “Very interesting – **I have learned something.**”

Standard Life :

- “Instructor was **passionate**, very knowledgeable and pleasant”
- “Amazing experience, **GREAT speaker** and much gratitude for this opportunity”
- “I am so impressed at how you **engage the logical mind!** It is a pleasure to listen to you paint a picture.”
- “I **enjoyed every minute** of these seminars. They are very interesting and useful. Thank you.”
- “Excellent presentation and information. **Very motivating.**”
- “**Loved it!**”
- “This was an **amazing experience**. Thank you for giving me the opportunity. I am so relaxed now!”
- “Thoroughly enjoyed the experience”.

OTHER COMPANIES AND PROFESSIONAL EVENTS :

- “Thank you for your great presentation. Our members and guests really enjoyed it. They also liked the mini yoga session you gave us which got our members **pepped up for the rest of the day!** I wish you continued success in your work.” - Nemo Turner – President, Rotary Club of Montreal
- “Your approach with the body and energy is so unique and, the way you communicate the principles of breathing and stretching, concentration and visualization, we feel better already. It's clear that you **“walk the talk”**. Thank you for this **very enlightening experience.**” – Luc Vermette – President, Johnston-Vermette
- “Our thanks go out to you. **I surely can see the need for your work in corporations.**” - Rosalyn Beaudoin – President, Transitions
- “Calm, funny, knowledgeable. We see you as a real yoga master.”
- “Great experience. I felt an intense degree of awareness and control of mind over body.”
- “Speaker was generous, inspiring, well prepared and gave practical sensible advice and techniques on how to focus. He’s very **enthusiastic, accepting and calm.**”
- “I want to help myself eliminate the anger and the negative emotions that I have. You, with the little session we had, showed the way. Thank you.”

- “It was a great pleasure for me to participate in your workshop and the feedback from the team was just great. **I have been doing yoga every day since your workshop** and my intention is to have yoga as part of my daily life. I found you to be an inspiration.”
- “Our thanks go out to you for such a wonderful workshop. The entire team enjoyed the session very much and each and every one of us was inspired in our own way. Both my husband and I have put yoga back into our daily lives as a result. For that we thank you.”
- “You were amazing! Thanks for coming back to “breath” with us. There was a wonderful buzz of energy after your presentation ... **beautifully smooth in your delivery.**”
- “Your workshop was **genuine, well presented and easy to follow**. You are an example of how people should be leading their lives. Your presence, words and thoughts were enough to inspire me to “stop and smell the flowers”, take a deep breath and relax a little more often.”
- “Really great and **inspiring**. Do it again!”
- “Very enjoyable and can benefit all.”
- “**Great interactive lecture.**”
- “**Your passion is contagious**. Thanks for the feel-good moments.”
- “I loved this event! Bhaskar was very informative. **I didn’t think I would learn so much about yoga!**”
- “Excellent presentation; extremely informative.”
- “Really enjoyed the session. Should be repeated sometime in the fall.”
- “**Absolutely beautiful** for everything.”
- “Wonderful seminar!”
- “Thank you very much for your wisdom.”
- “Excellent speaker, and informative concerning yoga.”
- “I thank you for all you do to help others!!”
- “Excellent workshop; very informative.”
- “Thanks, You wowed us! **I look forward to transforming my life.**”
- “**Great experience**. I felt some intense degree of awareness, some great control of mind over body, even a curing effect for an injured foot. Thanks!”
- “The feeling of “needing” disappeared and I can go on with my day coming from a place of fulfillment. Thank you.”
- “Thank you, thank you, thank you! The experience was **so powerful.**”
- “Wow Bhaskar, that was so amazing, Thank you so much for sharing with us”
- “I have started to understand that yoga is not just another self-help tool, but really a foundation, a pillar to incorporate in your day. Thank you.”
- “Thank you Bhaskar for the experience of coming home”
- “Awareness of the whole – **Amazing**. Breathing – an awakening into consciousness. Thank you”
- “I feel like a butterfly, light and peaceful. I peacefully thank you”
- “Thank you for reminding me of who I am. I so easily forget.”
- “You are a **calmly inspirational** person, Thank you. Now, following this inspirational presentation I will introduce yoga in my life as a way to become more respectful and peaceful.”
- “It’s great to learn more about how yoga can heal our mind, body and soul. Thank you very much”
- “**Really powerful and funny** at times. Thanks!”
- “Thank you for teaching me ‘the why’ behind the importance of breathing. It made a difference.”
- “Thank you so much. You are **just what the doctor ordered**. It was very refreshing.”
- “Great lecture. Great guy. I am starting yoga classes tomorrow!! Thank you!”
- This was my initiation into yoga. Thank you for providing understanding and feeling... which I will be able to integrate into my day.”

- “Thank you for a wonderful experience and tools. The one thing I need is clarity and I came as close to meditation that I have ever come. **You have given me hope** and I will definitely make it my goal to learn meditation. Thank you.”
- “I was always aware of my breathing, but never suspected how influent it was on my thoughts! Thanks for the presentation.”
- “Thank you for helping me create inner peace this morning.”
- “Many thanks to you for your **eloquent, insightful and profound** sharing of spirit, knowledge and energy”
- “Thank you! You answered lots of my unconscious questions. This is going to help me improve my quality of life as of now.”
- “Thank you, thank you, thank you. (heart) You are an amazing soul. You are **an inspiration.**”
- “I think we have a lot to learn about ourselves and you contributed with sharing your best practice. Thank you for the great experience.”
- “Thank you. I read the autobiography of M. Gandhi and was very inspired. He was an example to the world. You represent a living example of his work.”
- “Thank you so much for this **energizing session** this morning. I do yoga on a regular basis but this session taught me a lot on breathing and meditation.”
- “Thanks for helping me see a different aspect of the inner life through the breath.”
- “I was **really impressed with your speaker skill**. You express yourself precisely and with a lot of clarity. You have a "sharp" mind. I was pretty familiar with everything you talked about but your way of explaining those concepts made me understand them more deeply. I am grateful for that. I really wish I could study Yoga with a teacher like you and explore this great science more and more deeply.”
- "Very insightful. **Great touch of humor!**"
- "Thank you for the insights and stories. You made mindfulness so much more a practical thing!"
- "**Great teachings.**"
- "**Excellent presentation.** As a first timer, tonight inspired me to practice mindfulness. Thank you!!"
- "**Enlightening.**"
- "Great content, great jokes. **Loved the meditation demonstrations.**"
- "Very interesting. Lots to think about. Thank you."
- "Totally relaxing, calming and informative for well being!"
- "Great session, especially the exercises that involve your guidance."
- "Very enjoyable. You **inspire and keep it light.**"
- "You showed us a new side of yoga. From breathing to meditating and mindfulness."
- "Very informative, relaxing and humorous as well."
- "Always interesting, stress-releasing and fun. **Wonderful conference. Thoroughly enjoyed it.**"

Rock Thomas (internationally renowned speaker and author) :

“The last time we did a seminar together, it was hard for me to go on to the stage after you did because the people were still pining for you when you left. **The impact you had on their state, on the hearts, on their minds and on their spirits was so profound.**

You are one of my mentors, one of my coaches and one of the individuals that remind me that I need to visit this energy on a more regular basis in order for me **to be the best person that I can possibly be.**”