

TESTIMONIALS

I was never a meditation or a mindfulness person till I started attending Padmajaa Mam's sessions. She simplified the whole process. I had my personal conflicts and I regularly take suggestions from her. She helped in bringing out the positivity in me and see life in a different aspect. she is amazing in her work.

Ognish Bannerjee
on attending the Mindfulness Sessions for Corporates



Padmajaa Iyer, I wanted to thank you for the wonderful workshops that you conducted. I loved the meditation sessions in your soothing voice. The breath work technique has been extremely very effective in removing any negativity that I feel and works in a subtle way, which is so difficult to put into words. Your ideas on living life spiritually, have changed the way i think and I am a more positive person and a better human being today.

I feel that you should reach out to many more people, specially, kids, as they will be more receptive to your ideas and we will have a better future generation.

I enjoyed the Nari Shakti workshop too, immensely. The ideas put forth in the workshop were unique and will be very helpful in leading a healthy and happy life. The effort that Padmajaa, put into the workshop was evident. The presentation was interesting and easy to understand and held all the participants spellbound. I look forward to more such workshops.

Parul Chandra, *on the Inner Child Workshop and Nari Shakthi Workshop. Home Maker, Pranik Healing Practitioner and Tarot Card Reader*

Sometimes we get stuck in life just because we don't have anyone to listen to, especially when we are all running at tremendous speeds. It was very comforting to talk to Padmajaa and listen to her advise. She made me aware of how even I was not taking the time out to listen to Myself. She was very patient throughout the session with me, and I felt light after the session. I never expected it to be this effective. It was not easy to focus and push myself to do it. But the more I pushed myself better the experience was. It was scary when I started to feel it's affect. But padmaja was aware of all these things and made us aware of what to feel and what not. It's was a life time experience.

Akash Raj, *on attending the Personal consultation & Conscious breathing session*

There was this certain calmness that I experienced throughout the day and it is still there as I continue practicing. Being a hot headed impulsive and impulsive person this is quite an achievement. Now whenever things seem to be getting a bit too much I just do the cycle of 20 breath and I feel better.

Shivangi, *on attending the Conscious Breathing session*

The 2 day session of Self Empowerment was a wonderful journey through our body to soul. We learnt a lot of basic information like, from where the soul has come and where it will go. In this 2 day session I understood the meaning of the journey of the soul, that the earth is a school, what we are, from where we have come and where we will go. I got to know what the law of Karma is, the seven chakras and how to heal the chakras, how to meditate and how to channel our powers, Breathwork technique etc.

Thanks to Padmajaa, especially for these 2 days, this could not have been possible without you.

Nazeema Ukani
on the Nari Shakti Workshop. Home Maker and Business Entrepreneur

My experience with the session with Padmajaa was life changing. It filled me with so much positivity with everything in life. It totally changed my outlook at everything. There is so much we as a layman are ignorant about ourselves, which one learns with these sessions. I really wish I had a chance to attend such a session at a much younger age but as Padmajaa also says everything happens at its own time. I feel these kind of sessions should be a mandatory part in schools as this would help one very early in life to understand and manifest a good, contended happy life.

Thank you Padmajaa for being a part of my life

Meesha Bedi
Chief Merchandising Officer Pine Cone Hill-Delhi

In times of utmost distress, I don't know how your voice with those wise words was always helpful. Not sure how you knew everything without me having to say much. whatever magic you did and continue to do is just wonderful! You should know that you are the most valuable person in this building. Thanks for everything.

Identity hidden to maintain confidentiality

As a student, life can be difficult finding a way to fit in, finding out your passion, discovering yourself, trying to juggle several things is quiet difficult to do especially when you lack the emotional stability to do so. But with the help of a councilor such as Ms. Padmajaa Iyer, I have been able to get in touch with my inner self. She not only helped me in understanding myself, but she helped me realize I can do anything I want as long as I am positive. Initially, this did not make much sense but as I practiced her exercises I became more tolerant of others, I became more aware of my spiritual side and most importantly I stopped caring about what others think. These days, I think people need somebody to guide them, and somebody to listen and understand why people feel the way they do. Ms. Padmajaa Iyer, can help do that, she can help students, such as myself to figure out a way to restore the emotional stability and be able to empower students to create their own happiness."

Tulsi Iyer, *MSc in Strategic Marketing and Consultancy at the University of Birmingham*

Padmajaa Iyer, thank you so much for helping me become more positive and calm. your sessions have helped me in realizing the power of conscious and focused breathing and how that can be channelized into achieving mental and emotional well-being.

Rajath K, *on attending the Conscious Breathing session*

I've never felt so much at peace and like I have things in control before attending these classes. Though I moved cities and don't attend these sessions anymore, I always make some time to practise some of the things I learnt there.

Swetha Vivekanandan
on attending the Enneagram and Mindfulness Sessions for Corporates





A very pleasing personality who is non judgemental and listens to one completely and empathises and empowers the person in need of help. More power to you. Love the way you encourage everyone to do what works out the best for them instead of preaching

Mahima

I've been attending Padmajaa's mindfulness and conscious breathing sessions regularly and it has been an amazing inner self journey for me till now. The love and the oneness with she guides through the process makes me feel as though a healing is happening within me. Her session have helped me believe in myself and that I'm perfectly fine the way i am. I now feel that I've got something within me itself to fall back on if things don't work out. Thanks Padmajaa for being such an amazing guru and a loving person. Looking forward for more of your teachings. Loads of love!!

Shreyas P, *on attending the Conscious Breathing Workshop for Corporates session*

It was only recently that i had started opening myself up to therapy. I'm not very comfortable around new people. My sessions with padmajaa gave me the confidence to take certain steps that i had always been afraid to take and make habits out of a few things i should have taken into consideration much sooner

Rohith S *on attending the One on One to session*

The session was organized with the objective of understanding and encouraging positive behaviour in school. The content of the session was very powerful and overwhelming. It was wonderful for students to see how they are part of a larger universe and the interconnectedness in the universe. This also helped them in seeing how their thoughts and actions are not an isolated event, but as events that shape who they are and their interaction with the larger universe. The session also enabled them to re-think about the blame game and take responsibility for their actions and emotions. It was good to see how students were encouraged not to sympathize with one self rather take charge of one's emotions and actions. This according to me is the key to self-empowerment when one knows that one decides how one feels or responds to a situation.

The session also gave ample space for students to ask their queries and questions. A lot of issues such as isolation, bullying and other emotional issues were addressed through the question and answer session. The session was impactful as the facilitator enriched the discussions with her own experience and learning. This made the students value the discussions more as when sharing comes from one's own personal experience it has a larger impact.

I really liked the bottom up approach where no issues of discipline were addressed directly, but through a proposal of what is a good and happy life a lot of everyday issues surfaced and were discussed. Techniques for improving concentration and focus were also appreciated by the students and they were very excited to practice it in their everyday life.

Rajani Nair, *Middle School Coordinator Hopetown Girls' School, Dehradun*

There is only so much the Robin Sharmas and Eat Pray Loves can help you with. You can become aware of what mindfulness is, how people find their souls and probably ways in which you can practice it. But if you really want to improve your mental being and change your life, it is important to become aware of what you are, what your own fears are, what you want to become. I really wanted to bring about a change in my life and was extremely lucky to find Padmajaa. At first, her honest feedback about my actions helped me break down my walls and open up to learning. Her patient attitude helped me speak up about my deepest fears. Her own experiences helped me believe in the learnings she shared with me. My writing does not do justice to what I have gained through her. Her knowledge and perspectives are unparalleled.

Soham Mohidekar, *Personal Coaching Sessions*

I was initially sceptical about personality tests that prescribe actions, but this session has certainly changed that for good. I have taken a ton of personality tests but the Enneagram as explained by Padmajaa is by far the most accurate, extensive, complete and all encompassing personality decoders. The Session astonished me with the precision and predictability of human personalities and educated me about myself and my fellow team mates. Unlike other prescriptions Padmajaa also explains, with real life anecdotes the weakness, fears and things to be careful about for a personality. This lesson has truly been one for life. I always carry the insights I got from this session and try to spread the knowledge and wonder to as many as possible. Very grateful that i got a chance to be taught by Padmajaa.

Rithvik Sunkara, *on attending the Personal Mastery Sessions for Corporates session*

Probably it was because of work stress and personal struggles that I felt the need to be peaceful in my mind. And hence, I registered for this session. Fortunately enough, I got to be a part of this beautiful 5-day session. I could see how my body changed, the way I felt changed, the way I thought about myself and about different situations in my life changed. I could feel all this difference in just 5 days. I was more peaceful, calm and my mental stress went down. This is the best therapy that I could have gotten at this point - going past everything that has happened and getting to know and rediscover yourself. Thank you Padmajaa for this beautiful gift! :)

Harshita Verma, *on attending the Conscious Breathing Workshop for Corporates*

By the end of the 2 day Nari Shakti Workshop that I attended, I felt certain that learnings that I received from it is going to benefit, not only me but also my entire family. I was able to identify some of my limiting beliefs about life, the reason they were there and the impact they were having on my life. I understood the reason for my aches and illnesses. I have been practicing the techniques that were shared during the workshop everyday and I am able to see positive results already. One very important lesson I got from the workshop is that my destiny and health are only in my hands.

Sangeeta, *Home Maker*

I always knew that my mind and body can tell stories that I've never heard of or even imagined - but I have always been afraid to venture into something. I needed support and guidance, and I couldn't have asked for a better guru than Padmajaa. I attended her conscious breathing workshop and I can't thank her enough for guiding and walking me through the unexplored paths about myself. She was always there for me and constantly reminded me that it's okay. What more could I have asked for? Thank you so much Padmajaa, I'm forever grateful to you. Just be your awesome self!

Roshan Dhanasekar, *Marketing Professional, on attending the Conscious Breathing Workshop for Corporates session*

Helped me change my life around. From a point when I wanted to quit and stop living to a point where I am doing everything and living my life to the fullest, I couldn't have done it without all the help provided. The constant support and confidence you instil in me, helps me work harder and better. Helps me to keep trying. Helps me to face life.

Punitha Purshottam

