



SANKARA YOGA REVIEWS

Divya prithika

Sakara yoga centre provides a holistic approach towards life and Perumal Sir keeps it very simple. No complicated diets , no struggling with asanas. Suggestions are as per the need and what works for ones own health. I joined for stress and anger management, its been two months now and I could already see the improvements. If the diet and asanas are followed dedicatedly , one is sure to attain all the needs of the body. I even shed fews kgs , imroved digestion with no bloating. They provide remedies for almost all the health issues. The center and people make you feel home. I am very thankful to Ramachandran , amaravathi. The whole team is empathetic enough to address the issues. Consistency and descipline is key which can be attained with regular practice and making yoga as daily ritual. The team make your life and health better by customizing diet& asanas to address postpartum issues and Pre/post menstrual syndrome , harmonal imbalance and what not with body.

Joy Arvind

I recently had the incredible opportunity to embark on a life-changing journey with a Master, and I can confidently say that it was an experience beyond words. Master has an aura of calmness and wisdom that instantly put me at ease. His genuine passion for yoga and holistic well-being was evident, creating an atmosphere of positivity and encouragement throughout the class. Master was able to help me with a personalized weight reduction plan. In a span of 5 weeks I lost around 3 kgs considering I have never done Yoga in my life or any kind of weight loss program.

What struck me the most was the Master's deep knowledge of Yoga philosophy and its practical application in modern life. The postures taught by Master were carefully crafted to challenge me while still respecting my body limitations. The adjustments and corrections provided were gentle yet effective, allowing me to deepen my practice and avoid any potential injuries. I felt supported and safe throughout the entire process. Moreover, Master is an exceptional communicator. I witnessed firsthand how Master nurtured a welcoming environment where

students felt like they belonged at home. It was evident that Master genuinely cared about his students' well-being and progress, fostering a supportive space to grow together.

In learning Yoga from Master I have gained greater self-awareness, improved flexibility, and a newfound appreciation for the art of mindfulness.

In conclusion, I wholeheartedly recommend Master to anyone seeking an authentic and transformative yoga experience. His expertise, compassion, and dedication to the practice are unmatched.

Aishwarya

Google has restricted only upto 5 stars but this institution deserves more. Excellent mentors. Primary focus is on making your physic fit. Visible result. Do join Sankara yoga and keep yourself fit and healthy. Perumal sir is more like and well wisher than the usual teacher.

Vinu Kiran Subramaniyan

Came to know about Shankara Yoga off late through our family friend. My family member was suffering from PCOD for years and not made any progress with Allopathic medicines for several years. After joining yoga, master guided few specific poses and as a result it got cured within 3 months and got pregnancy. Master is very humble and approachable who can b understand our issues and gives precise solutions which solves our chronic problems in few weeks or months. Entire lifestyle got changed and getting better everyday with master's guidance!

Selvam G

I joined Sankara yoga for diabetic related symptoms - frequent urination and neuropathic related pains. Under Perumal sir's guidance doing yoga for last one month and I see lot of improvement. Daily yoga and food suggested by sir helped to get releived from all symptoms and feeling much better. All instructors are good and motivate us to do stretches and will help us. This will definitely bring lot of self discipline

Anandhi S

Hi, i am Anandhi Senthil i have faced ulcer, hyper acidity. tyroid problem in past 3 years. I take lot of medicine

but it's not cure. So i am very worried about it. Then I search in google best yoga centre. I found the name sankara yoga centre. Then I joined yoga class. I cordinate with them and take treatment step by step for last three months. I follow given diet and yoga . Now i feel better in ulcer and reduce my weight also thanks for sankara yoga centre. Thank you sir and madam.

Leela S

I have been practicing yoga for the past 6 months at this center . My weight has reduced considerably and flexibility improved . Thank you Sankara yoga and I wish them to continue their wonderful service.

Bhavani Srinivasan

Hello friends, wishing you well, I have been sick since childhood but I wandered for many years without knowing the way, then I joined Shankara Yoga in Tambaram six months ago. I have not practiced for two months, and surprisingly, I have been cured of many diseases. Totally true I am not exaggerating anything I thank Perumal sir for this and many crores of thanks to God too Long live Vayagam Grow people's awareness Our forefathers taught us Costless yoga Fearless Let us all learn and live a healthy life Let's live in a world without drugs Let's feel bliss My illness details Diabetes Nervousness Stomach Disorder Allergy etc. When I joined this Shankara Yoga I listened to their advice and did it correctly. My body weight reduced by 11 kg in two months. I am very thankful to Ramachandran sir

Sathis Sanjeev

Hi iam Sathish.

I approached permal sir for fertility issues and erection issues.

He suggested me ,

Sun bath,

Water bath (tub),

*Yoga exercises,
Food.*

Day by day my body got changed.

Within 5 months of time my wife got pregnant.

And after that no fertility issues from me.

Men and women facing this problem can approach perumal sir.

He give Simple suggestion but effective one.

Instead of spending lacks infertility centre.

This could be the better and best option.

Rajendran Alagappan

We would like to share our experience with Sankara yoga centre for my daughter Rahini Rajendran's severe wheezing problem for more than a year. She used to take blue and brown-inhaler for more than 8 months but significantly she stopped using the blue inhaler past 3 months as she did not have wheezing after having proper diet, regular breathing and yoga practice guided by yoga guru Perumal Sir, his wife Saraswathi Madam and their team members.

As of now my daughter is using only brown inhaler with reduced dose (one puff in the morning and one puff in the night) as suggested by UK doctors. Interestingly, they suggested us to stop the brown colour inhaler as well and observe for 6 weeks to see the results.

This is the phenomenal effort spent by Sankara yoga team to achieve this level and many thanks to entire team for your support and guidance.

Mainly, Perumal sir is very approachable person when we need to clarify anything.

Of course we will share our experience after 6 weeks based on how my daughter health conditions, hope we will be alright.

Many thanks again to Perumal sir and team 🙏

Radhika Jhavar

Yoga teacher and his wife have helped me to cure my severe acidity, gastritis and weakness through yoga and diet alone. No medicines. I am super happy. They are really caring and push students to be disciplined in yoga.

John Samuel

For the past two months I have been practicing yoga in sankara yoga Tambaram

, 3 to 4 kilos weight reduced

Thanks

By Samuel

Senthil babu

Got to know about sankara yoga thru a friend. I am practising yoga here for past three months. My health on a whole has improved a lot.

Very friendly approach and the individual attention they provide to each and every person is something really appreciable. Not only yoga they provide proper guidance for diet and my whole life style got changed. Thanks to entire team of sankara yoga.

Vidhya Srinivasan

My PCOD problem cured after attending yoga class and naturopathy therapy diet treatment here, cost of treatment also very cheap..thank you so much for sankara yoga team.

Raja sundaram

6 months ago

Joined yoga class 2 months before.. excellent support from staffs..both murugan sir and ram.. joined bcoz of back pain and joint pain.. now it's controlled and lost few kg weight as well.. thank you sir and team

Sai Malar

I had irregular periods, suffered by PCOD problem for more than a year, as per doctor advised I joined Yoga class In Sankara yoga..

When doing yoga continuesly, I can feel better in my health and my periods also got normal ..I felt really surprised! because I never used any tablets just did yoga & walking everyday..
I really thank to Perumal sir, & his wife , Ramachandran sir and Ramya mam..
There are improvement in my health condition, especially breathing, Ramya madam thought me breathing exercise also..I followed that breathing exercise regularly, now I feel really better..
Once again thank you so much to
Sankara Yoga...!!!!

Sre mugan

We went here for fertility problem. Before took some month treatment to get pregnant. But it didn't happened then we went to this yoga to improvise our life style. After trying yoga and good diet giving by master, we felt good about changes in body and without following any tablet now after 4 month finally my wife got conceived..
raja raju

I am Singaraj. I had high sugar level for the past two years. Due to which i was suffering from lack of sleep and frequent urination. After joining Yoga by master advise and diet chart i am getting deep sleep and feel very light and flexible. Frequent urination completely reduced which really brought my stress level down. Thank you for yoga master and his family. Their care towards our health feels relaxed. Thanks you so much Yoga master and Ramachandran Sir for guiding us always.

Ramkumar R

7 months ago

I am Ramkumar. I had previously sleeplessness & this was affecting by routine life. Then i joined sankara YOGA in midle of November 2022. Now i have no health issues and getting proper sleep everyday

M S Ranjith

Hi I joined this yoga class 2 months before for my insomnia problems and weight loss, it's almost 2 months of yoga class now I'm completely feel good and sleeping regularly of about 7 to 8 hrs per day and weight also started losing now, i would like to thank my master's for changing me .

Ramakrishna A

It's been almost 2 months I have been practising Yoga at this centre. I'm given proper instruction during the course and advised to follow natural diet. I feel better now, practising everyday gradually helped to build my core, reduced the stress, gained better flexibility and improved postures. I'm getting proper assistance while learning every asana(pose).

Thanks very much to Yoga master Perumal sir & also to trainers Ramachandran and Gokul for gently teaching every asana in good form by understanding the learner physical limitation.

Amudha thangaraj

I was suffering from Asthma for more than 7 years. I tried Ayurvedic, Siddha and Allopathy. But could not provide any relief but a temporary solution. When i joined yoga just in 2 months i got relieved from the big problem because of master guidance in practicing Yoga and diet which really changed my life. Thank you so much for Perumal Sir, Saraswathi mam and Ramchandrar Sir for their kind guidance in making me come out of the problem.

Jayakumar v

My name is Jayakumar i am having Sugar issue from last 7 years and I continuously take the medicine even though Sugar level not reduced. Fasting before 170 and after 278 the same result till March 9th 2022. I was joined the Yoga class from 10th march 2022. In this 40days i was follow all natural diet With 2hr Yoga class, it gives very good results. Today morning I check my sugar level. Fasting before 148 and after 163 am very very Happy. Finally i thanks to Yoga master Mr Perumal sir & family, Ramachandran sir also, my GM sir Mr Sethuram, because he introduced this center. This center take special care about our body on daily basis. I got very good results

Geetha Balaji

My daughter age 5 years old

She got epilepsy problem since last 2.5 years, after met yoga master had been suggested healthy diet and natural food. My daughter as followups natural food and dry fruits in frequently on daily basis. Now she is in good health condition as well as alopathy medicine also reduced. Now I am very glad. She is recovered very soon
Thanks to sankarayoga master

Desingurajan rajan

I am Desingurajan, i have been suffering in constipation problem for past one year i have consulted 5 doctors and spent more than Rs.50,000 and undertaken an operation even though the problem was not cured. At that time, i came to know about sankara yoga master Mr. Perumal and started practicing yoga and he gave natural food intake for regular routine and within 15 days the problem is cured completely and still now it has been 3 months and i am continuing yoga and natural food intake practice. Thank you very much Sankara yoga Master👍

Anusuya Maharajreddy

Hi. I had back pain for more than 3 years post delivery. After joining Sankara yoga, I feel my body to be more flexible. Thank you for the masters and madam. They are down to earth and caring is very very good.

Kamalanathan Selvaraj

I joined in Sankara Yoga class a month before. I was having Diabetes and Constipation issue for quite sometime. Here in Sankara Yoga class individual attention been given to each one of us and food habits are also being taught so that we can quickly get recovered from the problems we have. We have instructors here who can guide us personally and teach us Yoga. After doing Yoga for a month I stopped taking tablets as per the advice given by the master and later after 1 week I tested my Sugar level and it has now become normal without taking any tablet. I am continuing the food habits and Yoga as suggested by the master. I will recommend this Sankara Yoga center as we can live a happy and healthy life by doing Yoga and following the food habits without taking any medicines.

kathiresan k

Sankara yoga center is one of the best place to learn art of Yoga in tambaram area .

I am practicing the yoga under guidance of perumal sir . He has a vast knowledge in this art and easily approachable in phone at any time.

I am realizing the flexiblity in body and efficient at day works by daily follow ups.

Direct classes will be more effective and helpful.


Tamizh eniyan

I had a spine problem due to deadlifting in gym and suffered a lot and i was mostly going to hospital for this case neary 1 years but i was not cured . But once i came here sankaraya yoga i started recovering and now i am really fine . The instructors are very knowledgeable and they provide diet method and sometimes spritual messages too .

Thank you வாழ்க வளமுடன்

Mahimai don bosco

Feel at home.!!!!

Everyone from the centre will follow you very closely with care and concern. Joined with sleeplessness, depression and kidney problem with 78 kg in Dec 2020. Master Permal sir advice me to practice hip bath, mud bath and leaf bath with yoga twice a day. Within a week I got good sleep and feel myself feel confident. Now my actual weight is 68 kg with in 2.5 months. Positive with the centre is master believes in natural diet and advice us to practice the same with proper diet based on our problem. He also treats Pregnancy, blood pressure, sugar and depression in proper way. Very authentic place to practice yoga where you feel actual care on individual. Must recommended place to practice. Thank you permal sir and family  for doing wonderful service . Thank you sir.

Kavita Harikrishnan

I was searching for a good yoga center in West Tambaram and came across this place. It's been around 4 months I joined here and I could see a very good difference in my body. Not just my body, my mind feel relaxed as well.

They give you diet plan as well. The masters here are well trained. Yoga is a lifestyle!

I would highly recommend this place...

Swathika Rajaguru

I joined for weight loss with sankara yoga. After 3 to 4 days i feel my body weight less and no tiredness. Its help me to do all my household work without stress. They give a diet food chart . I completed one month and reduced 2kg.

KALPANA A.C

Thanks to Sankara yoga, I have a girl child, after her puberty, she suffered much by her menstrual cramps, sever back pain,as a parents we had consulted few doctors but, we don't like to give english medicine, becuae of her age, not only that we don't want to make it a habit of taking medicine during this time just witnessed her pain, later we came to know about Sankara Yoga we started with a great hope, sir suggested us to take natural diet along with yoga, gradually the pain during periods decreased later the 3rd month of the periodic menstrual, she was absolutely free from the pain and moreover, the process of flowing 10 days becomes.5 days. We always thankful toSankara yoga. Now I have started this for my back pain. Now I felt that great and good change occurred. Thank you

Rishi R7pro

One of the best I had ever seen....In spite of professional relationship, they truly care about us and our health...I sought their help with serious health issues... But just within 2 months, I can feel the recovery which I didn't experience while using allopathic medicines. Unlike other yoga classes, they have a structured procedure for curing health problems...

Believe me worth a try

Krishna Kumar

I along with my partner had joined Shankara Yoga center for getting healed from thyroid and fertility issues. They are having separate staffs for male and females. Staffs are extremely nice and helpful. They included both

yoga and naturopathy and within 3 months the desired result was achieved. I would definitely recommend this center.

Thiru kumaran

Its a great place to learn yoga and especially personal attention is given to the practitioners which is good because every individual is different. Not only yoga and also planned diet(natural) is advised to the practitioners which is helpful. Instructors here are kind enough to guide and help you daily which makes great place to learn yoga.

3 years ago

Rakesh Bhandari

I joined sankara yoga.Dailly yoga classes . Individual attention.Follow up is good.

Natural therapy also available.

Any disease they can cure.

Best experience

Thank you

Sankara yoga

MS SIMON

I have approached Sankara Yoga Center for High BP issue and Back Pain, Here they are giving Yoga practice and Treatments like Mud Bath, Banana Leaf Bath, etc.., After having such treatments I feel the improvement of my health day by day. My high BP issue has also been stabilized from 140/90 to 117/75 So I have stopped taking tablets. I feel inner peace and am able to focus on my work and I can do everything better than earlier. I really Thankful for the trainers and Perumal sir.

I recommend this Yoga Center for Everyone and make yoga as your lifestyle..

Rajendran raaju

They really doing great job and given individual attention to learn Yoga and suggested healthy food habits. Mainly

he called me twice first 3 days and asked about my health and diet.
I have practiced there 2 weeks, My BP is normal and having good sleep now a days (am not taking any medicines).
Many thanks to Master and Gokul who really taken care of my health issues.

Tamil sekar

I had back pain last 1 yr ... I decided to do yoga, i found Sankara yoga through Google , after joined Sir has given diet chart to follow,(Hip bath, Mud bath, Oil bath)..... I followed everything and within 3 months my body is so flexible nd my back pain got cured... Thank you so much Masters

With Nature bless,

We have cured more than 600 chronic bacck pain patients

Madhavi H

At first before joining this session I had head ache along with stomach ulcer

After this two weeks of yoga session I'm feeling better now.

Prescribed intake of food also showed good relief.

Feeling better right now.

Shadhi Suresh

I am practicing yoga for last six months, feeling healthy without cold and cough. My sugar count also reduced.

Instructor is well experienced and I recommend Sankara yoga for all.

dharma lingam

Before I joining sankara yoga my cholesterol triglycerides 287 mg/dl . After joining yoga just 28 days my triglycerides level comes to 132mg/dl and master given to diet menu my weight is loss 6 kg within 28 days .In my experience best yoga in tambaram.

Vijayabhaskaran Thiyagarajan

Greeting to the Sankara Yoga Centre !!!! With the immense pleasure would like to share my experience with the centre for the past 1 1/2 years.

I have been diagnosed with the severe acidity problems / burning sensations in the hand & leg / acid reflux / skin problems (Itches / patches) / numbness / sort of tingling feeling & giddiness.

Underwent neurology treatments but in vain as the symptoms got increased my medicine level also went high resulting in sleeping disorders / depression / anxiety / fear etc etc & finally advised by the known gastrologist to go for the yoga centre ,that is where i discovered Sankara Yoga Centre - Tambaram.

Initially master advised that all the above symptoms are not big & no need to worry which boosted my confidence & within six months span of time master assured to cure.

Followed the natural food diet patterns as advised by the master like Spinach (Mathakallee Keerai) , White Pumpkin Juice , Little Millets, honey with lime water,tender cocunut & Asanas for the six months and to surprise started feeling the change dramatically which boosted my confidence to the next level & till date stopped even taking single medicine.

Apart from the above ,mastered insisted on variuos therapies like Mud Bath , Hip bath & Banana leaf bath,Seasame oil bath ,Enima & salt less diets which restored my health completely back to normal.

I would strongly recomend this Yoga Centre for curing all the ailments by natural methods / remedies without taking any medicines.

The best part about the centre is Master / madam & Trainers are very cordiall & individual attention will be given according to the every individual needs followed by personal follow ups by the master.

*Would like to thank wholeheartedly the master for providing this valuable & Noble Cause with the reasonable fees.
God Bless Sir !!!!!*

Vijay

Moha V

Great place to get recovered from all the health and mind related issues by just following the natural diet and asanas which is being taught by them. Especially Fertility problem, I'm giving 100 percent assurance to get pregnant if you are following their advices and diets, if anybody not having baby for too long, please visit this centre and make useful. Also please note, don't waste your money by going hospitals since they are doing this as a Business in many hospitals.

Maximum 3 months and minimum 1 month enough to get pregnant if you are following their diets and asanas. Thank you very much sir for your help and we will never forget you and madam until my lifetime

Sridhar Srinivasan

The best yoga institute. The best place to reduce your stress. The good guidance and support for all types of health problems .

Instructor used to give health tips and diet plan.

They were organizing various types of bath to detox body which is very helpful.

Santosh surana

The best yoga centre in the area. The teacher is an expert and has a vast knowledge in the field. Will recommend personally to anyone looking to go here. He also helps you with a diet plan to keep yourself healthy!

Selvan M

I am going this yoga centre for past 3 months, very good centre. Here Yoga master understand first our health condition and accordingly guiding for yoga and food items. Its not only yoga centre.....take care of our health issues and food habits.

Anand Chandrasekaran

I have joined in Sankara Yoga on Feb 04th 2019. Initially i was 90.2 kg.. with in 1.5 months to 2 months it reduced to 86kg. Still am continuing the Yoga program to see the changes effectively

Rajeshwar Bharathi

Good place to learn yoga. Flexible timings and good instructors to teach. They are also concerned about our health too. Giving tips related to our food habits. Good environment too to learn yoga..!!!

Satheesh kumar

I'm posting these lines after been in classes for two months learning (1st month 18 hours, 2nd month 10 hours) and practising for one month in home (8 hours). So I had not even made 50% of the recommended hours (25 hrs per month), still I had reduced 7kgs in these three months with very simple adjustments in eating habits.

The big take away from the classes is the experience you go through in your mind, soul and body. Also you start develop/enhance existing capability to listen to yourself. In this social media age, with lot of inputs about food / well being poured around, you could judge/compare all information for your own body, with the inputs they give during classes (from right expertise).

So this year, joining the classes would be the best gift you could give to yourself or your loved ones as they deserve this experience!! There is saying, 'Sickness is a sin and affects the productivity of the society' which I leave to your own justification. For ignoring so long, a simple/ affordable method of well-being which is age old and epitome of our own heritage, definitely seems to be a sin which I do regret now..

Barathan s

I discovered this yoga center via google for Bronchitis problem.. I recovered within 20 days from date of joining.. The masters are more informative and passionate.. Its a urban retreat place in Chennai.. I recommend this yoga center for all kind of peoples with my personal experience..

Cv Sudhakar

Experienced yoga instructor.

Peaceful place to do yoga with relax. Flexible timing. Useful health tips and diet detail sharing. Really getting confidence that we will cover all aasanam.

Ragu veera

Very good yoga centre ,my body problem are solved by naturely no any medicine has taken ,I have high BP and sugar problem both problem has solved by naturely, I am feeling always brisk

Murugan Panchanathan

I'm so glad that I'm part of Sankara yoga community. my journey towards yoga into passion when I was able to many asanas, I never know that I m so flexible until the teachers made me realize my ability,I'm so happy to be part of the team.

Thank you so much Perumal sir.....

Muthu vijay

Mr Perumal, very expert in yoga and he has sound knowledge in all healing therapy.. on the top of that, I surprised to see that he published lot of books which proves yoga vital roles in our life..

Response from the owner

Sushmarani Seenivasan

It's the best place of its kind based on my personal experience. Individual attention and lifestyle suggestions are being provided. I'm feeling much better with the practice.I could strongly say that Master and other instructors are more passionate to teach what they've learnt rather than as a business.

MONKKING Gaming

For longtime i had asleeping problem and so I suffer from lot of health issue mainly I affected by digestive system. So I could not in normal,because I got more emotional, angry and I become very tired. Now I become smart and perfection of sleeping. I got more relax and happy.

Kirubanandam P

Useful practice for human beings. It is used for to maintain the body daily so you should practice yoga for at least for 1hour and we should take natural food with practice.

VB Madhavan

The best yoga master

Very good health guide

Good motivator

Personal attention given

Reasonable fees

More health benefits and sound sleep

This master had written many books

Overall good health and life time experience.

Ranjana c

I had a good experience. Everyday they will take class . Individual attention will be given to everyone according to their requirements. Overall  worth it

Thiru K

Really great Master, you will learn the best yoga practice here. Thank you sir for all your efforts and teachings, it helps me a lot in my life.

Desingu Poongavanam

Bp clear.mybp was95/140.for 4 yrs i have been taking tablets.now joined sankara yoga and practicing yoga 3 months.bp now is 75/115.stopped tablets

Dhivya Mayilvaganan

They provide best natural solutions for pregnancy related issues through Asanas and diet plans. Had a good experience

Vijay Kumar

Really good teaching, good atmosphere., I would prefer Sankara yoga class to anyone who wish to learn yoga and be healthy....,

VEERA sekar

Experienced professional teaching yoga and with good knowledge on all maximum medical issue.Knowledge on natural food also good for us.

suresh kumar

Took a class based on friends recommendation. Class provided a different experience then Gym. Individualized attention, knowledgeable instructors.

I have tried. I get it now

Shyam Hemamalini

Very Good Yoga class. The tutors are friendly. I highly recommend this class. They also give us health tips.

Ramu S

I am 70 years old. i have been practicing here 20 years now.. morning 5 O Clock class begins.. thanks. doing good. i am practicing all asanas even sirasasan

By ramalingam

vijiyarani sherin

I had. Menstrual problem. After. Practicing footbath and simple asanas it was cured

Thanks to Sankara yoga

Aarthi R

Had gone for my daughter for attention and concentration... now she is improving better.

Great work 👍 thank u..

will be continuing for her betterment.

Guru Swamy

I have been practicing yoga in Sankara yoga for the past 12 months .Back pain cured.(Disc problems).very active whole the day

Thank u Sankara yoga

smarty 005

*before joining yoga i had had back pain .now
almost cured. best centre.*

Praveenrajha R

Sugar reduced. Body became very active. Good place to learn yoga

Ravi kumar

Health related issues solved

Nominal fee

Good centre

Kamusathu Sathya

*Work hard honestly... u gain the result definitely... With master advice and Nibunamathi mam for womens it's
very safety for women's.....*

saravana kumar

I am practicing yoga in sankarayoga.sugar came down 120 from 250

Thanking you sankarayou

Indra-Dhana Indra

*Really great master. You will learn the best yoga practice here. Thank u sir and medam for all your efforts and
teaching it help a lot in my life. Thank u sir.*

Bhuvana gopi

My son had problem bedwetting. 10years old .My son sonjoined in Sankara for this problem.within a month cured.

Thanks

very kind of you

Rajeswari Bharanidharan

This is great

Master is extremely friendly

It is like we are learning with a friend and not like we're learning with a teacher.

They deserve the 5 stars

Sivasankar Sanmugam

Good coaching

Sleeping diabetes cured

Thanks

Prasanna Devi

Am satisfied and relaxation getting more energy with this  yoga.good service also.

Suresh Kumar

I have been practicing yoga at sankara yoga.

Good coaching

Siva sailam

Best yoga asanas with life style tips and diet plans provided.

Vijaya Subraja K.

Good attention given to everyone. All kind of asanans are taught based on your body requirements

Thanks

SANKAR KUMAR N

Good coaching center for body health

Thanks

Gopinath Balakrishnan

Good yoga center i was suffering for asthma after practice for 6month now i feel good

Thanks

Pugazh J

Good personalised training. Famous for curing health issues. Highly recommended.

Murugan M

Sugar reduced ,individual attention give n by master .food advice is excellent

Thanks

Kanchiappan S2016

aWeight reduced

....good coaching

Thank sankara yoga

Thanks

Jagan Kannan

Nice place to practice Yoga.. Good Master.. flexible timing..

Ravindran Jagannathan

Good place in E.Tambaram to learn Yoga.

Thanks

Raji Rajeswari

Efficient one to reduce the body weight and get ride of all sort of health problems...

Thank es

Sridhar shanmugam

*கடந்த 10 வருங்களாக சங்கரா யோகாவில் சேர்ந்து பயிற்சி பெறுகிறேன். உடல் நலமாக உள்ளது
_ நன்றி*

சங்கரா யோகா

Renga Samy

Sugar cured. Leg numbness due to sugar cured

Thanks

Jayachandran J

Experienced faculty. Flexible timing. Worthful.

Thanks

Anandan.K Anandan.K

நலமாக வாழ சங்கரயோக..

கடந்த 5 வருடங்களாக பயிற்சி பெற்று வருகிறேன்..

நலமாக உள்ளேன்

thank u

Antony Vv

Sinus cured .both nose blocks cleared

Thanks

Pravin Joe

Good place to get relaxed and learn yoga.

Thanks

Britto Manohar

Best centre to practice yoga

Thanks

Sasi kala

Back pain reduced.i recommend you

Thanks

Pinky N.M

Excellent coaching for women

Thanks

VISHNU P

Excellent coaching for women

Thanks

Padma Naveen

Very useful.very energetic

Sankaranarayanan perumal

good teaching and good result

srirambookshop Tambaram
Best centre in Tambaram

Kanjiappan K
Good teaching yoga
Lasritha Lasritha
Best centre in yoga
Thanks

Gomathi Gomathi
Diabetes cured
Thanks

Lingeswaran R
Good coaching
Thanks

Raj am
Leg pain reduced
Thank you

Adv Mahesh MohanaKrishnan
Experienced trainer
Thanks

Kalidas reddy

Best coaching
Thanks

Saravanan
Good centre
Thanks

Sai Boopathy
Good yogacenter
Thanks
Jupiter lite
elly reduced.
Thanks

Sankara Yoga
best centre
Thanks

Peter premraj
Good coaching
Thanks
Sid Sha
Good coaching
Thanks

Vishnu Kumar ph Vishnu Kumar ph

Ashma cured

Thanks

Aishwarya

Google has restricted only upto 5 stars but this institution deserves more. Excellent mentors. Primary focus is on making your physic fit. Visible result. Do join Sankara yoga and keep yourself fit and healthy. Perumal sir is more like and well wisher than the usual teacher.

Radhika Jhavar

Yoga teacher and his wife have helped me to cure my severe acidity, gastritis and weakness through yoga and diet alone. No medicines. I am super happy. They are really caring and push students to be disciplined in yoga.

John Samuel

*For the past two months I have been practicing yoga in sankara yoga Tambaram
, 3 to 4 kilos weight reduced*

ThankS

BySamuel

Vidhya Srinivasan

My PCOD problem cured after attending yoga class and naturopathy therapy diet treatment here, cost of treatment also very cheap..thank you so much for sankara yoga team.

Thanks

Vinu Kiran Subramaniyan

Came to know about Shankara Yoga off late through our family friend. My family member was suffering from PCOD for years and not made any progress with Allopathic medicines for several years. After joining yoga, master guided few specific poses and as a result it got cured within 3 months and got pregnancy. Master is very humble

and approachable who can b understand our issues and gives precise solutions which solves our chronic problems in few weeks or months. Entire lifestyle got changed and getting better everyday with master's guidance!