Meet the Judges!

Umang, a Wellness Professional, Yoga Instructor and Founder of Wellness Haven Yoga.

After 20 years as a software engineer in the corporate world, Umang founded Wellness Haven Yoga in San Ramon where she teaches yoga classes morning and evening to a wide range of students of all ages and experience levels. She also teaches pranayama and meditation classes to her students, including cancer patients in all stages. She is very well known for bringing fat loss in individuals through her 12-week course on nutrition with healthy eating habits to people from all ethnic backgrounds, thyroid problems and elevated blood sugar levels. She teaches vegetarian cooking classes to small groups of people in their own kitchen, instructing on healthy eating and cooking skills. Umang loves to write and is an avid blogger bringing her Life Coaching skills to paper.

Voice of Umang Goel:

I teach wellness with a passion that has no bounds, in all aspects of life through healthy eating, pranayama, meditation, yoga and life coaching. I have made this my mission to help individuals to a life of joy. My mom is my all-time mentor in all aspects of my life. My children and my golden retriever are my strength. My friends are my supporters.

Pradip, a passionate individual in cooking, trying out new cuisines with creative recipes. Explored variety of cuisines like Italian, French, Chinese, American, Mexican etc. enjoys and loves cooking Indian cuisine, where one can go limitless in terms of combination of spices to come up with innovative dish filled with aroma. Very popular among his friends and family circle for his baking skills.

Voice of Pradipmaya:

I have participated and won many cooking competitions but I claim it couldn't be possible without the support from my family. My wife and daughter are my biggest strength as they have played several roles being inspirational, biggest supporters and critique audience. "I will own a restaurant some day in future to serve tasty/innovative dishes."