



MAXI

Space is worthy of worship and wonder. It is the field within which every thing exists. Rest your eyes in emptiness, Inside a room, a temple, even a little jar -Any contained space. Throw the one who is seeing into the center. Entrust your mind to the embrace of space. In a flash all boundaries dissolve.

~ One of my favourites of the Yukti Verses:

Everyday unfolds anew, with this come different delights and demands. Regardless of my daily circumstances and the ever-lasting dynamic of change that life brings, my daily yoga practice allows me that magical space "to be" with myself, to check in truthfully, every day. In this way, my yoga has become a great anchor and teacher. Yoga gives me a deep sense of connectivity with my life in many ways, in a kinder and more loving way. It is a humbling and beautiful experience to be able to teach and share yoga in a personalized approach at our school - where it is about learning, experiencing, understanding through the body, being with what is and often laughing as completely new perspectives unfold. Yoga is not about performing. The world is quite filled with analysis, comparison and performance - all of us know this. In my teaching I find it important that practice is a time for reaching inwards, establishing space and anchors within - not outside us.

I, too, know a little bit about performing and this state of mind: Having grown up in East Germany and then trying to fit into a new paradigm as the system turned when I was 10; having rowed in a boat since the age of 7 years (I wanted to be a dancer, but in East Germany I was not allowed to dance), leaving my home at the age of 15 to dedicate my life to rowing, later winning the World Championships for Germany twice and at the age of 19 moving to the USA to row and study (Exercise Physiology and Human Nutrition) and work (in Cardio and Pulmonary Rehabilitation). At 26, after 7 years and 2 major moves within the US, I came to Groningen for my PhD in medical science (which has long been completed) and further studies in Psychology. My academic publication record spans the exciting adventures of bile acids, glucose and fat metabolism, exercise physiology, cardiac fibrosis, as well as yoga and its effects on emotional wellbeing. Yet, until a few years ago I didn't really know what home may feel like, as I felt devoid of roots. Also, among all this "achieving and doing" I had to face that "something wasn't going right" and I struggled to accept that my body wasn't in good health and that I couldn't count on my body as I always had.

I took my first yoga class (it was an ashtanga class) at Yoga on High in Columbus, Ohio, in 2004. To be honest, I did not expect much. At that time I knew myself as a competitive rower building a career in science. I suspected that yoga would be sitting on a mat doing some stretches. So much for expectations! After my first yoga experience, I felt as if I had stretched and nourished my physical and mental body for the first time ever in a very profound way; nothing I had ever experienced before. My yoga journey started from here with dropping into classes. Since establishing a daily self-practice in 2007 much has changed, for the better, my practice has given me roots and space and continues to inspire me. In 2010 I started teaching and Bhumi Yoga came into existence.

GRATITUDE FOR MY TEACHERS

I have much gratitude to my teachers and all my students who have shared and continue to share so much with me. My teaching is inspired by my main teachers whom I travel to regularly: Nancy Gilgoff, Sharath Jois, Susanna Finocchi, Sharmila Desai and Matthew Sweeney; and all my students who inspire me much.

MY "YOGA" EDUCATION

this list only includes teacher's courses and none of my yearly travels to be with my teachers nor frequently visited yoga workshops (yoga, philosophy, anatomy, chanting). This below is just a "list", the daily practice over many years is the true teacher.

- 2009 / 2010 I followed an intensive ashtanga teacher training (RYT 200h Seeds of Yoga).
- 2010 Yoga Teacher Training with Manju Jois (Ashtangastudio, Berlin)
- 2013 Yoga Therapy Training with Bo Forbes in London
- 2011-2015: Extensive scientific research exploring the relationship between yoga and emotional health - published peer reviewed research herein
- 2013-2015: Dr. Ronald Steiner's specialized Therapeutic Ashtanga Yoga Teacher Training Education in Germany (RYT500h)
- 2015: Second Series Intensive with David Garrigues in Philadelphia
- 2015: Followed the course Basic Chinese Medicine at Shenzhou Open University for Traditional Chinese Medicine for a more grounded understanding of the subtle energy body
- 2015-2016: Intensive Moon Sequence and Primary Series Study (300h) with Matthew Sweeney, authorized to teach the Moon Sequence in the summer of 2016
- 2017 (January - June): Ashtanga Yoga Adjustment Intensive with Grischa Steffin in Berlin, 100h
- 2018 (August) - Ashtanga Yoga Adjustment Intensive with Andrea Lutz in Berlin, 40h
- 2019 (September) - Primary Teacher's Clinic with Nancy Gilgoff in Berlin

BESIDES YOGA

- BSc in Exercise Physiology, and Human Nutrition from the Ohio State University, Columbus, OH
- Worked as a Exercise Physiologist at the Olympic Training Center, San Diego
- Worked in In-and Outpatient Cardiac and Pulmonary Research at the Ohio State Hospitals, Columbus, OH
- Taught applied Anatomy and Physiology at the University of Austin, TX, for two years
- MSc Exercise Physiology, University of Austin, TXP
- hD in Medical Sciences, Department of Pediatrics, Center for Liver and Digestive Diseases, UMCG, Groningen
- Post-doc in Cardiac Research, UMCG, Groningen
- Bsc in Psychology, RUG. Groningen
- Published research on Yoga and Emotional Well-being

