

## Testimonial:

I have a **busy work life**. Pre-COVID, I also traveled a lot internationally during the week while recovering during the weekend. Two years ago I experienced quite some **back pain** and **went to the chiropractor several times**. Eventually this passive approach to my bodily aches didn't resonate with me anymore. In my work life I help people eliminate the root cause of an issue instead of fighting the symptoms. Someone mentioned yoga practice and I started to look into yoga.

Ashtanga intrigued me because of its **tradition**. I liked that you **practice in a group with everyone doing their own practice** and that you learn a sequence that **you can practice anywhere**, even in a hotel room without a teacher. So I started practice at Bhumi Yoga about 1.5 years ago.

Practicing in the morning was initially challenging for me, I am not a morning person. But **to leave morning practice feeling so good, energized and relaxed, is really awesome**. For me the three aspects I value the most about practicing yoga with Bhumi Yoga are:

1. Feeling good, energized and relaxed.
2. The **sense of community and belonging**: It's hard to describe yet practicing at Bhumi Yoga gives you a sense of belonging, moreover I value that there is no pressure to perform, everybody acts and is treated as an equal practitioner. Community is not easily created, this is a big strength to have.
3. I find the **personal attention and input** I receive for my practice, even when practicing in bigger groups, extraordinary.

Bert Oosting, Groningen, 7 June 2021