

Testimonial

I looked on the bhumi yoga site many times before finally taking the leap. At first I was scared it would all be a bit too much for a beginner in yoga. Especially the Mysore classes, working through your own sequence? I had no idea what that would entail, and it started at 6:30... I didn't see myself able to get out of bed that early. However it was a challenge so I decided to try just for the heck of it.

*Beforehand I thought a one month trial would be a big dive into the deep.. only to find a nice warm bath.. **It was a really gentle way to get to know yoga, and to do it right, to completely surrender, and try out what it is like to integrate it into your lifestyle.** Of course, I had some sore muscles in the first week, but I also found ease. At first I excused myself for not being a morning person, yet now I try to go to as many morning sessions as possible, **When I walk back home after my morning mysore and walk past the busy traffic with their noisy claxons at 9 am I feel completely at ease.** There is no better way to start your day.*

At Bhumi Yoga I found that yoga really is for everyone. It is liberating to not try to achieve the most extravagant poses, but to start at where you are today, only to find a week later, you are progressing.

*Maxi really has been a terrific guide during my yoga journey. She has a lovely energy and, **always seems to know just what you need in every pose.** With a full classroom that is pretty impressive. To 'multi task' like that and still have a soothing energy. I don't think I'll ever get it."*

Lies Mensink