

Testimonial:

I followed some restorative yoga workshops with you before I started Mysore Style practice at Bhumi Yoga. **I was triggered to learn more from you as I saw a teacher who has experienced and embodies the teaching.** A teacher who is not just telling you to do something but also **explains how and why**, that is very important to me. Then, about 2 years ago I started practicing Mysore Style yoga at Bhumi Yoga.

The first Mysore practice was a bit strange to me. Everyone doing their practice, doing the ujjayi breath, I was used to led classes. But I could feel that this would benefit me and that the **teaching and practice was rooted in philosophy**, which is important to me. I also knew that even though it's one sequence, it **would not bore me**. And indeed, **the sequence is different every practice**, I feel different every time, my mind and body are different every time.

Before starting ashtanga I wondered "Why do they call it Ashtanga Yoga", where do the yamas and niyamas come in? Later on I realized that by doing the physical Mysore practice, I directly work on the yamas and niyamas: **No expectations, no torture, santosha being content where you are**. This was a big lesson for me, because I am quite competitive with myself. Practicing at Bhumi Yoga **I learned to go steady, to let my body adjust to the practice and have patience**. Ashtanga has also improved my meditation practice, I am much **more aware of my mind** now. Physically, there is also a lot of progress. I feel much **more aware of my breath, drsti and bandhas**. And people that know me and my yoga practice for a long time, have commented on the physical progress I have made since I started practicing ashtanga yoga.

What I value most practicing at Bhumi Yoga are:

- The energy - when being at Bhumi Yoga there is **a sense of an energetic and mental homecoming**.
- The **perfected adjustments**.
- The **consistent schedule** - there is always a time for me to do my practice at Bhumi Yoga.
- The **clear instructions**, which is really important to make progress.

Ravi Soekhai, June 2021