

What our students say about Bhumi Yoga:

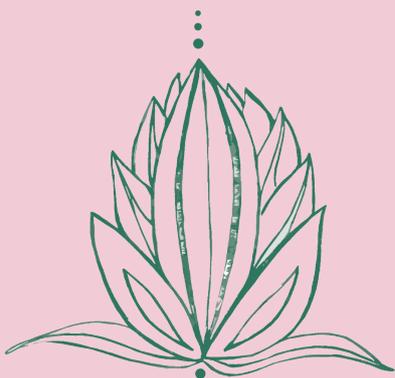
"By the time I had decided to join Maxi's yoga school, I had been meaning to learn Ashtanga yoga for a while. I was practicing yoga regularly but was in need of a guiding hand to show me further into my yoga journey. **Maxi turned out to be exactly the guidance I needed, and her yoga school is the optimal learning environment.**

I had never practiced Ashtanga yoga before, and **Maxi gently guided me through the sequence of poses, showing me modifications when needed** as my body adjusted to the poses. Going into my first classes among a group of people, I was afraid of not being able to keep up, or of an intimidating atmosphere. That was never the case, as **Maxi knows how to adjust the learning process to every student's needs and learning from her is always a delight.** When practicing at the yoga school, **everyone is equal** and has an individual experience within an open group setting.

Having **a regular yoga practice has been a very positive experience for me.** As a student, I sometimes struggle with finding the time to cultivate qualities within myself that are outside of the academic domain, but Maxi's yoga school has greatly helped me with that! It is **delightful to start off the day by focusing and cultivating yourself, both body and mind.** I find that **my daily practice helps me focus** throughout the day and offers me a headstart to the day's activities. Every evening I look forward to the next day's practice, as I know it will provide me with time to better myself, and by the time practice is over I will be **refreshed and ready to focus on the day's intellectual work.**

I am very glad that I joined Bhumi Yoga and I have the opportunity to practice regularly under the guidance of a great teacher!"

Medeea Anton,



BHUMI YOGA