

# What our students say about Bhumi Yoga:

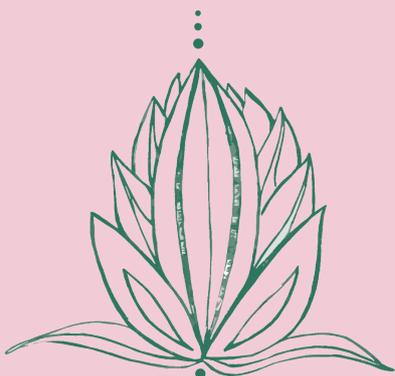
"I have a **busy life**, work long hours, lead various teams, travelled internationally on a too frequent basis, was **always on the go**, rushing from one location to another. Moreover, I experienced quite some family stress and at weekends I found relief through cycling. In the end I could feel myself **getting stiffer, tighter and with more bodily aches**.

A colleague suggested Ashtanga yoga to relieve my stiffness and improve my core strength, I had no idea what I was getting myself into. My initial reservations and whether my body could do it, were resolved during an introduction meeting with you. So I went for it. I really felt that **the consistent class schedule helped me commit** to my yoga practice despite my then, busy traveling schedule. You helped me **build a yoga practice that I can do and take with me anywhere**. I started to appreciate to learn something new from the bottom up and not compare myself to others. This was not easy for me as I am a leader and others expect of me to know all the answers.

Yoga has given me **self-understanding**. And yoga has become a mindset that goes beyond the mat.

The three biggest benefits of starting working with Bhumi Yoga have been:

- 1.Physical:** Before taking up yoga I would go to the chiropractor about every 3-4 months because of back pain and muscle stiffness. Yet, since taking up yoga, I have only been once to the chiropractor in 3.5 years. Now **I move differently**, I can **stretch more** than before and can **do things that I could not do before**.
- 2.**The discipline of **doing something daily to get my mind into a different state**.
- 3.**Yoga has given me the tools to **keep myself calm** when I need to."



BHUMI YOGA

*Nick Dowling, 26 April 2021*