

GENERAL TESTIMONIALS (rev 9/14)

Thank you so much for a wonderful weekend. You have created such an uplifting space, and the quality of the students you're attracting speaks volumes about you. I really enjoyed the weekend.
-Carlos Pomedá

I just wanted to take a moment to thank you. Yoga and your school in particular have brought me such peace, and the \$6 yoga that you offer is such a gift. It feels so good to finally be able to purchase some regular classes at Bhava, but when I couldn't, the \$6 classes were what kept me sane and more or less balanced at a time when I am trying to make a new life after much loss due to the recession.
-Ashoka Wagner

I love the studio, and very much appreciate the instruction and community there. I have grown because of Bhava. -David Pruitt

Thank you! The home practice is wonderful! I have never done an upward bow before; I had never had the arm or core strength. My body shot up like a bow! Wouldn't have tried it without this, and I'm glad I did :) -Megan Schendel

The loving energy that Bea has created at Bhava is truly a miracle ... one of our favorite places to play anywhere!! And Bea's teaching is absolutely exceptional!! HIGHLY recommended to anyone near Albuquerque. -Benjy Wertheimer

Your studio has something very different that I have not yet experienced on my yogic path that feeds me in a way that I have difficulty putting into words. There is so much love at Bhava. When I am there I experience the connectedness of all beings in such a clear way. It makes something that I find myself doubting in these times, the absolute obvious. I am so grateful to have found Bhava. -Stephanie McKellar

I attended several classes with you and another of your teachers about a year ago while I was in Albuquerque to be with my sister who was in the hospital. I was so pleased to find Bhava during a pretty stressful time in my life. I think you have a wonderful studio, and I would definitely be a regular if I lived in Albuquerque. -Stephany Bouchier

The energy at Bhava is different from other studios I've been to. Fellow yogis are accepting and loving but they're also seriously focused on the practice of yoga. When I walk into the room, I feel the stress of life fall away. Once class begins, the focus is inward but not in an egocentric sense – more of my part in a community. In the rest of my life, I feel the normal boundaries between people I interact with are less rigid. Bhava is indeed a sanctuary. -Alli Costello

Thanks for all you do, for Bhava, for the great teachers you have in place. Thank you for practicing yoga in all the ways that are meaningful in your life and how that practice extends into the community.
-Deborah Gavel

I got the results of my bone density scan today, and discovered that I have a very significant gain in bone density from my first test 4 years ago. I was told at that time that I have osteopenia, and the way to delay full blown osteoporosis was to increase my calcium intake and do weight bearing exercises,

which I did. My choice of exercise was yoga. I really think the yoga may be saving me from osteoporosis! I couldn't be more excited! -Dani Jeffries

Thank you! Without you and what you started at Bhava and the wonderful beautiful souls that contribute to your goal—I would have no hope, no peace, and no moments without pain. With more gratitude than can fill the studio, I thank you. -Jeannine Nelson

Thank you Bea! I have really found such a nice space at Bhava and I wish I had started my yoga practice so much earlier. Isn't it funny how just when we find our place of security and stability, we inevitably make the choice to challenge ourselves once again and enter another uncomfortable place? I will undoubtedly take my practice with me to Portland and in a sense it has given me the strength to close this chapter of my life and given me the tools to begin a new one. I dare say it will be the prologue! Thank you! Thank you!" -Sarah Doberneck

My experience at Bhava has been all I could want... the instructor I see on a regular basis is always consistent with her teachings and I appreciate her varied classes... Thank you so much for the valuable service that you offer our community. -Doug Kerr

Yesterday's practice was awesome. What a wonderful group and energy. Thank you. Also, my Urdhva Dhanurasana has returned to me. It was a lovely process of learning, trusting and listening to teachers and my body. -Pamela Heater

Thank you again for believing in me and bringing me under your wing. I know I have said it before, but I truly believe that the community at the studio, and you as a teacher had more to do with where I am today, and honestly with saving my life, than almost anything else except possibly my family. I will never be able to truly put into words how grateful I am. -Thomas Bonner

I really enjoy your classes because you bring to them what I feel amazing teachers give their students—inspiration. Thanks for your inspiration. -Jacques Bailly

Bhava to me it means great yoga at an affordable price (yoga hour!), helpful workshops, friendly teachers, a lack of snobbery, and a chance to invest in myself. Thank you Bhava! -Michelle McRuiz

Thank you Bea, for so much open, heart-filled, honest communication this weekend. I am back on track and more settled in having expressed through writing as needed. You have a gift in offering guidance to people into their power, their beauty. -Meggan Bly Humphrey

I had been intending to start a blog and was inspired by one of your themes in class for its topic. Then after another class, I found myself blogging about Prakasha, another one of your themes! I am appreciating your inspiration, and your honesty about yoga teachers not being perfect people. -Emilah DeToro

I LOVED your classes on both Thursday and Sunday. I am just so grateful for you and Bhava. I was thinking about how going to your class regularly keeps me really happy and healthier and more balanced, which directly translates into me being a better coworker and advocate on behalf of victims,

which translates into better services for victims of domestic violence, and on and on... It really is a web of life and I am so grateful for your gifts! -Sandra Ortsman

Bea Doyle is a powerful guide and teacher. There is a genuine love for and commitment to her students, her practice, and her own growth that is a palpable and inspiring experience. She is skillful at many levels of instruction and manages to combine fun, a precise understanding of alignment, and a richly resourceful teaching style into one practice. -Carolina Mead

Thank you for inspiring me to take John's workshop this weekend. Between my leg injury last fall and a challenging life change my practice had fallen into major disarray. Listening to the passion in your voice as you described the workshop shook me out of my doldrums enough to register. Everything from the weekend hit home hard and reminded me of everything I loved when I first started practicing. It was a heart opening. We don't always know the impact we have on those around us, I just want to acknowledge your service to me. Thank you for working so hard to bring this teaching to Albuquerque. - Ken O'Connor

You continue to be an inspiration and light up my awareness of the possible. I found myself being so comfortable and awakened by poses we did during Wanderlust—poses my teacher Bea helped me to understand... YOU are beautiful. Thank you and all who have enlightened you. ---Mike Pogue

I totally loved this last weekend. It's so amazing for me to see how integrated Anusara yoga is... how the teachers are trained to weave so much rich material into the classes, and you are a master of this. It still blows me away that of all the certified teachers I could get in my city, it's you! I feel very lucky. -Elissa Brietbard

I hope you know how much your guidance and teachings have meant to me over the past 5 years. Your qualities of steadfast integrity, courage, strength and pure joy have been a source of inspiration to me both on and off my mat. Your teachings have seen me through the best and worst life has to offer, and through it all I like to think I've coped a little easier thanks in no small part to you. May you always know how much you are loved and appreciated and that the path you have chosen to blaze continues to inspire and illuminate those around you. Much love and appreciation for your all your hard work. -Jackie Vigeon

Thank you so much for your kind words of wisdom and guidance. And thanks for reminding me again that the winds of grace are available to me if I but open my sails. What sage advice to go inside and seek guidance there. Thank you for giving me more confidence in myself and in my ability to practice homeopathy. I am so grateful to have you in my life. -Sunny Bueck

Bea, congratulations to you and your studio for uplifting students from all walks of life! I am deeply honored to have studied with you and spent time at Bhava. The studio has such a vibrant and enthusiastic community! Keep up the fantastic work. -Allen Garcia

My daughter, Alima, was so excited, happy, and inspired after her demo in class today. Thank you so much. It means so much to know she's getting loving attention, being as far away as I am right now. Thank you for the light you carry. I can really feel the big difference you are making in people's lives. It's very beautiful and good. God bless you for that. -Juan Lopez

Having worked in the field of public health, I find that yoga is the best and most affordable public health available. The teachers and classes at Bhava are an incredible anchor to deepening the connection and health on this planet. -Janet Mason

I am deeply grateful to Bea and the other teachers at Bhava. I recall and discover spirals in my practice daily. Getting in touch with the internal spanda current also. Amazing feeling! –Maureen O’Brien

While I have become more flexible through my practice, one of the most positive changes for me is greater balance in my mental and emotional outlook. No easy feat for a cynic and skeptic! Yoga has also given me integrated physical strength not achieved through other athletic endeavors. Using the alignment principles of Anusara Yoga is beneficial, even in mundane situations such as standing in line at a museum. -Roger Kennett

Your studio has a heart and soul. I am touched. -Melinda Elliot