

RETREAT TESTIMONIALS (rev 9/14)

The T o r C retreat was absolutely wonderful! Thank you for everything, especially the opportunity to chant for the group. I felt a lot of grace in the whole experience and my gratitude is overflowing.
-Jonathan Reese

After the Sunrise Springs retreat, I started practicing the alternate nostril breathing you taught every day and focused especially on sending energy and light into the reproductive area. I'd been trying to get pregnant for about 6 months and after 3 weeks of daily breathing, it happened! What a powerful practice. -Nena Villamil

What a great and glorious time - besides the pure fun of yoga. My experience with weekend left me savoring the beauty of the effort. Much appreciation to you for your wisdom and teaching. -Janet Mason

The T or C retreat renewed my love for Anusara! We have no Anusara teachers up here in Victoria, BC, so it was a real treat. -Whitney Laughlin

That was an incredible weekend on retreat at Ghost Ranch - so much fun, challenge and learning. I am so grateful. Thanks so much for making it happen, and what a wonderful amicable group as well. We ranged in age from 23 - 72. Pretty impressive! I found a perfect description for how I feel in your classes - SAFE - physically and emotionally! -Jeanette Duffy

The December retreat with Bea was the best yoga experience I have had. Haramara resort provides a welcoming, enchanting setting with truly delicious food and rustic luxury. Bea Doyle inspired us in our asana practice as well as nurturing a spiritual awareness. The iguanas were friendly and entertaining. -Tim Perez

I can hardly wait to return to Haramara with Bea. Everything about our retreat with her was pure perfection. The setting, service, and food at Haramara were all sensational and exquisitely presented. Bea's teaching is always superb, but somehow expanded even more in the magnificent yoga studio high on a hill with the ocean sparkling below. One evening at the end of class we were treated to possibly the most beautiful sunsets I have ever seen. -Michelle Franklin

Thank you for a wonderful retreat. On Sat. morning I was wondering if I should stay for Sun. just because I was in my regular mode of doing still. Then your heart opening talk and the learning to not do was exactly what I needed. I ended up having a Marvelous experience. Thank You Bea. -Ivonne Romero

This was such an important weekend for me. For six months I have been coming to Bhava, working hard to find my practice again after two full years of radio silence. During this time, I not only rediscovered yoga for myself and recommitted to a practice that is deeply meaningful to me, but I've also rediscovered my family. Because of the space that you have created with Bhava, my mother and brother have revealed themselves to be yogis too! Words cannot express how much joy this brings me. I loved working my body hard to move beyond my comfort zone, and I especially loved seeing my mother do 3 handstands, a headstand, a forearm stand, a backbend, and attempt hanumanasana!!! She inspires me, and she would never try this stuff without your steadfast, heartfelt guidance. Thank

you for a wonderful retreat, and for having the courage and grace to make Bhava Yoga happen. I know I can speak for all three Maher's when I say that we are grateful everyday that we get to be a part of the ABQ Bhava Kula and that we have you as our yoga-instructor. With big hugs and kisses and high fives and tons of love and thanks. -Elizabeth Maher

That handstand made me feel like a superstar! Thanks for supporting me in busting through my fear and all sorts of stories I was telling myself about things I would never be able to do. The weekend retreat at Sunrise Springs was life changing for me.

-Sarah Couch

My experience at Haramara was one of pure happiness. The incredible ocean views, the vibrant food, the full-on Anusara practice and skillful instruction, plus the magic and beauty of Haramara gave me a spontaneous presence of warmth and joy. The radiance of the group and the practice allowed me the space that I had been craving—to go deeper and bigger.

-Carolina Mead

Thanks again for the weekend. I hope you chose to do another retreat in T or C...the place rocks! I am inspired to pay close attention to any small movements, openings in my poses and, heck, in life...as I approach my 40's... but, besides that, I also understand that g-d, magic, is really in the detail and I continue to learn how to notice and appreciate when small things happen! I also enjoyed the pranayama where we paused before and after the breath...I think that is where the magic lives as well!

-Mindy Grossberg