

## THERAPEUTIC TESTIMONIALS (rev 9/14)

*Although I have severe back issues with herniations and sciatica, I was fine with the Back Care class. I had very little soreness and some periods of no pain since class and practicing on my own. This is the first yoga class I have taken without residual dysfunction the next day and I attribute that to your expertise. -David Greiff*

A deep, sincere, heartfelt THANK YOU! I have been living with torn meniscus pain for the past three years. I've done PT and am considering surgery. In your therapeutics workshop I learned so much of the mechanics of my particular case and how to address it through yoga. I was totally taken by your presence and attention given to all who attended. Moreover, the results are manifestly relieving the pain. -Paul O'Connor

My sciatica is soooo much better. The exercise routine is heavenly. I went dancing and I'm ready for more. -Ray Cawley

I want to thank you so much for the class last night. I felt so grateful afterward that I almost shed a tear. I love yoga so much and haven't practiced since the beginning of December due to my SI. I feel great today too. -Keely Mackey

The knee exercises work!!!! Thanks so much for the help and sharing of you wisdom. I feel like I am now living my life not my knee. It was a big responsibility for one little left knee to be making all of my activity decisions. So picture a happy Grandma playing frisbee with my grandsons:) -Janet Mason

*In 2007-08, I began experiencing steady lower back problems with sciatic pain radiating down my right leg. The situation worsened over several months and I was diagnosed with spinal stenosis and scheduled for a surgical procedure called a laminectomy. The surgery was successful but even two years later, my range of movement was limited and it would hurt to tie my shoes or pick something up. In 2010, I joined the Back Care Class at Bhava Yoga; I am now in my fourth series of classes. At first, I struggled to achieve proper body alignment and my core strength was poor. Gradually, my form improved, I got stronger, and by the end of the first session I was basically pain free. Now, I feel that I'm 90% recovered and can again participate in the physical activities I enjoy. I would encourage anyone with back or sciatic pain to consider joining a program like the one offered at Bhava. I've had great results. -Dan Maher*

*My back has been great since your class. It was a bit tender and sore the next day, but it improved through the end of the week. Your assistance in class made all the difference. It allowed me to go hiking up in Taos this past weekend like I had planned. Thank you again for all your help. I feel so fortunate to call you my teacher. -Judy Murren*

*I just wanted to thank you for your guidance in the Back Care class last month. The 3 classes that I was able to attend were important in reminding me about proper alignment and strength building in order to keep my back issues under control. In the future I'll schedule privates with you to address specific issues. -Beth Bailey*

*OMG. I had the best run today! 12 miles, no pain! So thrilled. THANKS! I will keep doing the exercises. -Lara Patriquin*

*Thank you for your professional and thorough approach to my knee pain problem. The results are beyond dramatic, and the changes in my sense of my body, my stance and my overall posture are equally dramatic. Though I still have to be mindful, the symptoms that occur when I'm NOT working in a pose properly are almost immediate now that I am so much more aware. Because I now know what to do, it only takes a moment to correct the problem and the symptoms go away immediately.*  
-Barbara Boulanger

*I wanted to let you know how grateful I am for my yoga practice and Bhava Yoga Studio. As you know, in July 2006 I suffered from two herniated discs in my neck. I was in excruciating pain and the medical community didn't have any solutions other than drugs. A friend suggested I see you for a private yoga therapy session. I was skeptical but desperate. During two private sessions you taught me some simple exercises to relieve my pain and strengthen my muscles. After a few weeks doing these exercises on my own I had gained enough strength and flexibility to begin taking the fundamentals classes. I know that my neck would have healed eventually on its own but without yoga I believe it would have taken longer and I wouldn't have learned the things I needed to do to avoid the chronic neck and shoulder pain I had been experiencing for years. Bhava Yoga Studio and its instructors saved me when I was in severe pain. My practice not only helps relieve aches and stiffness from sitting at a desk all day, but also keeps my life sane!* -Heidi Snow

Bea Doyle is great. She teaches a Back Care class that really helped. The concepts of which I do when walking, lifting etc. and has helped stabilized my back. -Rich Ragle

My knee is literally 100% healed! I tell the story of how you helped me every time I meet someone about to have knee surgery. I am eternally grateful for your gift of healing and knowledge. -Paul O'Conner

I'm awe struck at your wisdom, knowledge of the body and intuition! I'm ever grateful that I discovered your studio, class and you! -Laura Wofford

The right hip pain that was going on back when I did that private with you is all gone and I still do those exercises you showed me. Thank you! -Flanagan Whitsitt

I want to let you know my lower back is so much better. I regularly practice what I learned in class and in private sessions and I'm so grateful for the tools you taught me. Thank you! -Nissa Patterson