

## TRAININGS TESTIMONIALS (rev 9/14)

Bea's ability to facilitate, teach, educate, offer, share, encourage, engage and inspire has set the foundation for greatness; for ourselves and others. Bhava is truly an appropriate name, as fullness of the heart is the offering and result. -Brigita Lacovara

Through this Teacher Training I feel I have learned strong skills to help me portray/teach my passion for yoga to others. Bea has been a grounding, guiding light along this journey. She has helped me expand as a teacher and a person greater than I thought possible. Thank you. -Mimi Ludden

The experience of the Yoga Immersion is larger than just a yoga workshop. It is a community and an opening into all the possibilities that a study and practice of yoga can bring into your life. Bea is a wonderful guide into this awareness. -Emily Minor

My teaching has already become so much more informed and organized. I am connecting with students and conveying my ideas, themes and heart qualities 1000x more effectively. -Megan Morgan

To be an effective communicator, to be both powerful yet sensitive in your voice, to break barriers to your heart that allow you to connect with people-this is the power behind the teacher training. It builds skills that transcend just being a yoga teacher and allows you to be fully more yourself. -Adam M.[orrow

Bea is the best!! Her knowledge of all aspects of yoga is solid and her teaching skills prodigious. She watches and listens intently to what her students are doing and saying. She learns with her students, practices what she teaches and has the courage to share her process. This kind of extended format is where she is most gifted. Bea also has the wisdom to recognize how other teachers enhance her work and invites them in as partners. Her heart and her focus are in exactly the right place-the students. -Deborah Blanche

You will be hard pressed to find another Immersion-type experience with someone with the knowledge and experience that Bea has. You will evolve and change while taking on a deeper practice leading to personal transformation. -Kirstin Slaughter-Rice

Teacher training gives innumerable ways to apply yoga's time honored teachings both to one's own life and then to be able to share them with others from the heart, mind and body in an authentic way. -Alaura Nellos

Bea is such a gentle teacher and the Immersion has taught me very important fundamentals for being a better person in my daily life. -Saharu Oda

Initially, I enrolled in the Immersion for the structure to more actively integrate yoga, especially the physical practice, into my life. The experience that lay before me was literally beyond my ability to imagine. Bea's faith in human capacity - body, mind, & spirit - on and off the mat - provides a context of trust, compassion, and belonging that allows the discovery and unfolding of one's true self - intimately, ones best self. Truly transformational. -Susan Lane

I learned more than I was expecting to learn in the amount of hours spent in the Immersion. Bea conducts the class with expert knowledge on how to explain the physical and emotional body in a deeper way. -Danielle Gardner

The yoga Teacher Training gave me a strong and uplifting experience for being a confident teacher. It opened me up in many ways, allowing me to feel vulnerable and connect with the group more deeply and to allow my light to shine through in every teaching. -Mo Fiebiger

The Yoga Immersion was such a great way to connect with the yoga community and navigate my way through teachings and postures. The teachers are so caring and passionate. I would highly recommend the class to future teachers and non-teachers alike. Mel Rudick

I have taken the Immersion twice now and the second time was just as illuminating and worthwhile as the first. It has been further proof to me that the practice is infinite. There is always more to learn and deeper to go. -Charlie Gieseler

The Immersion is one of the best things I have ever done for myself. I have learned skills to be more of my authentic self as well as enhanced my asana practice. It's amazing how the immersion stopped me from limiting myself on and off the mat. I would recommend the Immersion to anyone! -Mimi Ludden

Besides my son and daughter, yoga has been the greatest gift in my life. Taking the Immersion with Bea has changed my life from the inside out, and I feel better equipped to be in my life and relationships with more clarity, health, and sense of well-being. I love my life again. I am more alive and even though there are still problems to face, I can face all of life with a more gracious heart. Many, many thanks Bea! -Alaura Nellos

My teaching knowledge expanded 10-fold with the teacher training. -Beth LeBlanc

The Immersion has been a profound beginning of an opening into a deep process that will continue to unfold over the course of my life. Bea's approach seems to be one that reminds us how to integrate the principles of alignment, the theoretical teachings of yoga and the subtle body anatomy into our lives, both in our asana practice and off the mat and in our daily lives. -Jenny Hipscher

Bea has been a loving, inspiring teacher. I'm grateful to be in the presence of her wisdom and knowledge. -Lorie Jarner

Having taught for two years before finishing my Teacher Training, it was fertile ground for refinement, no stone unturned! I am confident I will offer a fuller, richer experience to my students. Thank you. -Brigita Lacovara

The Immersion offers unexpected gifts to anyone who dares to sign up and commit to the journey led by led by most wonderful, competent, fearless leader Bea. You may set out with the goal of strengthening your body and intellectual desires to learn how to improve your yoga poses, but you will be pleasantly surprised to discover a place inside yourself where boundaries, limitations and differences dissolve. -Beth LeBlanc

I feel a lot of confidence and understanding moving forward from the teacher training in my own practice and in teaching. –Mary Comstock

Bea is inspiring yet demanding. Through hard work and pushing to be our best I can clearly see where good teachers come from. Forever grateful. -Lorie Jarner

Thank you Bea - the yoga training has been a really beautiful part of this re-alignment with the self. Thank you for being an inspiration of someone who is really living their dharma and sharing it with others. –Mary Comstock

Even if the goal isn't to be a yoga teacher, we learn how to be authentic on and off the mat. The information we receive from Bea is extraordinary. I feel like I have the tools I need to be a great teacher because of the vast amount of practice we were able to do. Her guidance through every module had very clear direction. She knew our strengths and where we could improve and helped us out with that. -Danielle Gardner

Bea Doyle is razor sharp, but not stainless steel. Yoga entails playing on the edge of your comfort zone in order to help reveal your authentic self. Bea playfully guided us through a teacher training program arming us to navigate our students along this edge. -Mike Pogue

The Immersion was simply wonderful. While I expected the improvements in my physical practice, I had no idea how much my emotional and spiritual understanding would grow. I've also been amazed at how increased physical strength has translated into increased inner/emotional strength. Bea is a wonderful person to guide you on that journey. She is knowledgeable, loving, fun, and inspiring teacher. -Sandra Ortsman

The Immersion is therapeutic for the mind, body and spirit—a holistic approach. I have learned so much about myself during this time and it was amazing to have the support of the community. Connecting with people on the same path is a necessary part of spiritual growth and something I was lacking before the Immersion. I couldn't have spent my time and money on anything better. -Nora Bacon

Yoga saved my life—twice. Bea's teaching is so incredibly heartfelt that it's difficult to bring anything other than 100% to her classes. The past six months have been about so much more than refining my asana practice. I am learning how to better trust myself, how to let the world around me work for me and how to see the highest in every person and thing. Thank You! -Clint Murphy

I've taken other trainings, all valuable, however, the Immersion was the most thorough, and the most integrated program I've been a part of. I've also noticed how this practice has activated the Shakti, if you will, in my performances. I'm a professional singer and everything is so fluid and so much more connected. -Whitney Malone

If you are looking to take a rocket ship into the realm of spirituality, consciousness, health and endless love... the Yoga Immersion is the perfect way to do that, and Bea is the perfect person to lead you on that journey. She is an inspiration to all. -Greg Raudenbush

The Immersion is truly transforming! One can grow and evolve to so many different levels. A fun way to explore yourself. The teachers are so loving and super inspiring. I am so grateful to have been a student here at Bhava. -Johnnah Torres

Bea brings a soft, generous joy to her teaching. In the Immersion, I experienced the depth of her knowledge and felt that the knowledge of others was also honored. The asana practice was both challenging and accessible, and always fun! -Felicia Taghizedeh

Taking the Yoga Immersion has deepened my level of self-awareness. Yoga is something I've turned to for help in the past and after participating in the Immersion, has become something that is far more powerful than I had thought. The tools I've gathered from this Immersion have given me the guidance I need to find peace in my mind, body and soul when I am out of my flow. -Christine Shirkey

I highly recommend the Yoga Immersion. The time schedule allowed much needed integration to sustainably implement yoga's principles and philosophies. The balanced approach between alignment and philosophy really sets the groundwork for an in-depth understanding of yoga's teachings. -Jenny Sapp

Every Immersion weekend I learn so much and it's so subtle; what a wonderful way of teaching. Thanks! -Marci Calabrese

I have been impressed with the Immersion course through and through. Bea brings a well organized wealth of knowledge to the training and brings the student towards goals of holistic growth in a very methodical and effective way. -Mary Comstock

The Teacher Training at Bhava brought depth and knowledge to my practice and changed my teaching. I feel what I learned and understand is significant. No matter what style of yoga I practice or teach, I will always work with the principles. -Lori Armijo

Bea's Teacher Training is a well-organized program that allows each student to grow in a positive and supportive environment that helps each student gain confidence and knowledge that helps to foster the love of yoga! -Elaine Johnson

The Teacher Training has helped me deepen my studentship, expand my knowledge of yoga (physically, mentally, emotionally) and gain the basic skills to eventually teach the practice that I love, in a supportive, fun-filled environment. Thanks Bea! -Courtney Harris

The Immersion gave me a place to open up and be myself around people who are experiencing the exact same thing but in their own unique way. Finding the depths of yoga helps me find the depths of myself through connection with the entire universe. -Mo Fiebiger

Having completed the Immersion, I am totally clear that this is the perfect yoga fit for me. The alignment principles all align with my background as a physical therapist. -Peggy Hansen

Thank you Bea and Bhava! I am very grateful for this experience and how it has shaped my practice and is guiding my life. Bea encouraged and inspired me a lot through her dedication to the practice and sheer endurance. She pushed me to focus and take my practice a lot more seriously. I really needed this now and to continue growing as a yogi. -Gina Meyers

I totally loved this last Teacher Training weekend. It's so amazing for me to see how integrated Anusara yoga is, and how the teachers are trained to weave so much rich material into the classes, and you are a master of this. I feel very lucky to have you in Albuquerque. -Elissa Breitbart

The Immersion was an awakening to a sacred path of physical and emotional wholeness. I feel so blessed to have Bea as my teacher who so lovingly encouraged me to discover there is no stopping the infinite growth as humans that we can experience. Further the teacher training allowed me to fully realize that my devotional practices and desire to connect with ourselves and our community makes for an extraordinary life! -Johnnah Torres

In looking back over the last 9 months in my Immersion class, I feel a deep sense of gratitude. Through Bhava and specifically Bea, I have grown in ways I could not even have imagined. My experience has strengthened my asana practice, taught me about Anusara philosophy, and has enabled me to cultivate new friends within a warm community. However what touched me in the most profound way was what I learned about myself—confidence, joy, and grace. Thank you Bea and Bhava for this gift... it was definitely worth the drive from El Paso. -Susan Jaffee

I had planned on doing the Teacher Training in Tucson starting in August. After your class last Sunday I started to question why I needed to travel when there is an amazing teacher right in town. -Michael Quanci

What is the meaning of life? We all want to know! This Immersion program brings students into a balanced examination of the question. With heart, mind and body we move into this search for meaning. The program does not provide answers, but rather tools, texts and ways to enjoy asking life's biggest questions with great earnest and wisdom. -Erin Elder

The Teacher Training has been one of the best learning experiences of my life. -Patrice Perrault

The Immersion is a fabulous opportunity to take your personal practice to a much deeper level. You are allowed time to incorporate the approach to a new level of understanding. Bea helped me to feel comfortable, welcome and at ease. Thank you! -Shauna McCosh

The Immersion exceeded all my expectations. Bea is a great teacher. The things I have learned over these nine months have greatly helped my physical practice as well as given me a lot of things about which I want to learn more. -Bill Lowry

The Immersion has made me grow in my practice and all aspects of my daily life. I feel that it has helped me become a better person. The financial, emotional and time investment are all well worth it. I have gotten more out of it than I put in. -Patrice Perrault

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The Immersion offers me the opportunity to bring a deeper commitment to my yoga practice and my daily life. As I dove into the teachings, I watched my life and my perspective transform into a more balanced, integrated and grace-filled existence. -Liz Klug

The Teacher Training has been inspiring and has taken my practice to new levels with the awareness that I can keep progressing. It confirms my belief and intention that alignment is the key in musculoskeletal health. -Peggy Hansen

I jumped into the Immersion without really knowing what it was about, but I knew I wanted to get more out of the practice than just exercise. I am so glad I took the plunge! Bea was such a terrific guide and patient teacher, and she taught as much through example as through instruction. One of the greatest aspects was the sense of community that formed with the group. This made for an environment that was supportive, fun and fostered deeper understanding of the teachings. -Charlie Gieseler

Thank you for opening the Teacher Training to me. I really enjoyed learning the Anusara style and had a lot of fun with the Bhava community. I hope I will be able to visit your studio again on my next visit to Albuquerque. You're a great teacher. Thank you again. -Barb Morgenweck

The Immersion has been invaluable to me. Bea has shared her vast knowledge of Anusara yoga, Tantra philosophy and so much more. I feel I am a better yoga instructor for this class and I am very grateful. -Marisol Brito

Bea Doyle's intelligent and devoted pursuit of the path of yoga is inspiring. Bhava Yoga Studio has the feeling of a place where all are welcome and equal. Her planning was thoughtful and integrated. The Immersion at Bhava gave me a new understanding of the path of yoga and a longing for more. Like a dinner in a fine restaurant, I will return. -Maureen O'Brien

I am most appreciative of the effort made and that Bea Doyle has taken the leap to be present here in Albuquerque to teach and share her love of Anusara yoga. The Immersion course met and exceeded my expectations. With gratitude in my heart, I thank you for following your heart's passion. -Judith Pentz

Completing the Immersion was an incredible life-changing experience. I wish I could continue to meet with Bea and become immersed in Anusara yoga for the rest of my life. Simply as it has finished now, it feels as if it's only started. -Lena Armstrong-Stropber

The Immersion Program has brought great depth and richness to my life. Many years ago my life was dark and painful, the loss I was experiencing was overwhelming and I didn't love myself. Through my practice and my studies, I have become grounded and stable. I feel like the lotus flower that has emerged from the murky waters, freely shining out and happy. -Lori Armijo

I can't say enough about how wonderful Bea and the Immersion have been. Her uplifting spirit is so inviting, and her knowledge of the subject matter and curiosity for learning was so inviting. Bea's consistency allows us to stay focused and on a planned trajectory. The Immersion is both life affirming and life changing! Every one of us in the class is blessed to be there. -Mike Pogue

As always, Bea guides her student clearly and concisely down the path of yoga. She is very knowledgeable on a very wide range of topics. Although the class is geared towards teaching many people, she is always willing to explore what any aspect of it might mean for an individual. Any student who has taken this Immersion will finish with a much greater appreciation and understating of yoga. -Thomas Bonner

The Immersion has been life changing for me by my looking deeper into yogic life, and I feel like I have a new family... a very sweet experience. -Mia Battaglia

My Immersion experience has allowed me to go deeper into my practice and become more of a member of the community. These were two aspects I was looking for in my Immersion experience... deeper practice and community. Thank you. -Judy Murren

The Immersion has been an amazing experience for me. I've experienced growth on the mat and much to take out into the world. The community here in the program has been very warm and nurturing, and a supportive place to discover more deeply your practice and yourself. Thank you for all of these profound teachings. -Stephanie McKellar

The Immersion was an AMAZING experience for me this weekend. I was an emotional wreck this week, and I wondered how I was going to make it through the weekend. After the weekend I felt so incredibly grounded, centered, and transformed. I feel so incredibly blessed to have found you, Bhava and the immersion program. You truly inspire and guide in the most divine way and I feel as if my future is ever brighter from your light along my path. I just thought you should know what a light you are in this sometimes dark world. -Sunny Bueck

The Immersion has been so much more than I expected. I think any student would find it worth their time and effort. Learning in a setting that Bea provided is a beautiful opportunity to connect with yourself, with fellow students and take that right into your daily life. -Patricia Hicks

The Immersion was life changing for me. I'm so incredibly grateful for the way Bea presented the teachings—with such authenticity and clarity. It has inspired my teaching, my parenting, my friendships, and my marriage.... everything. -Angie Campbell

The Immersion teachings and the practice have made such a huge impact on my life and have changed me in a deep way. This has been a powerful and transformative experience from me on many levels. Thank you so much for the love and wisdom that has been shared here! -Laura Freed

Through the Immersion I have learned in giant steps about Anusara yoga and yoga in general. I have tapped into a deeper understanding of myself and have grown so much through this practice. I commend Bea for her brilliance, patience, knowledge and love with which she taught the Immersion.

-Allen G.

I came into the Immersion hoping to learn more about yoga and perhaps something of myself. I did that and well beyond. Now I see the yoga of myself and yoga as a force in the universe... my world is more bright and full because of it. Bea's focus on philosophy of yoga and how it functions both on and off the mat were invaluable. This will be one of those experiences I will look back upon as a turning point in my life. -Skye Anica

The Anusara Immersion has been truly a transformative experience for me. I can't really say it any way else. I came into it hoping to be transformed and I discovered a lot of work for myself and a lot of places that I still want to go and explore. -Felicia Karas

The Immersion has deepened my practice to a degree that I did not foresee and it has made me realize that there is no end to alignment with God. I love this community too! -Sarah Gorham

In the Immersion, your practice becomes real and deep as you immerse yourself into this gratifying and life-changing course. Yoga becomes part of you and you become yoga. -Pamela Heater

The Immersion has been an uplifting mind and heart opening experience. Bea Doyle is committed to her practice, the teachings of yoga and tantric philosophy. Her wealth of knowledge is unlimited and she is supportive and an excited teacher. This has been one of the greatest experiences of my life. -Genevieve Oswald

The Immersion has completely changed the way that I approach my yoga practice and has opened my eyes and heart to many ways in which I can improve how I live my life. Bea is incredibly intuitive and teaches clearly and with grace. She practices what she preaches which is a rare gift. The Immersion has opened my eyes to how much is involved in yoga. It has finally become about much more than simply showing up on my mat and moving for an hour and a half. -Thomas Bonner

Immersion was absolutely amazing—all of it! I feel my practice has gone to new heights. Anusara has helped me find a different strength, and the support of the teachers and community made me feel uplifted, supported and able to move to new places. -Julie Mackiewicz

The Immersion has been a significant positive life event for me, in the midst of midlife chaos and cacophony, wonderful things have happened to me this year, possibly because of gaining a little insight and inspiration. Bea is an exceptionally gifted and knowledgeable teacher. -Megan Baldrige

This Immersion weekend was great Bea, thank you! You continue to shine as a teacher and I really connected with the teachings these past two days...especially the Guru Principle today...wow! -Regina Manocchio

I have noticed a major shift in my physical practice since participating in the Immersion. I am more confident in my understanding of the alignment principles and have used them to deep my practice and heal an injury. The Immersion has also provided an opportunity to increase my connections in this yoga community. I have gained valuable insights into yogic philosophy that are opening my heart and ability to align with the world around me. Grace is Good. -Jamie Carter

The Immersion will help you better understand the principles and philosophy of yoga in general, and Anusara yoga in particular; and that knowledge will help you deepen your physical practice and make a stronger connection with yourself. -Sue Chappell

Any student of yoga would benefit tremendously from this Immersion. I am much more aware of alignment and beginning to incorporate healthier alignment in my practice. I am more present, more able to focus and stay on task. Gratitude is growing and expanding, as is love. -Fay Abrams

This is truly a transformative experience. Bea's integrity, depth of knowledge and intuitive guidance moved us all to that deep still place within. It changed my relationship with my body, my mind and myself. -Karen Melody Shatar

Participating in the Immersion is an opportunity to go deeper in your practice and to support your personal growth, realizing that they can be one in the same.  
-Michelle Franklin