



19322 East River Road  
Columbia Station, OH 44028  
Tel: 440-236-6366  
Email: bhumi@bhumiyyoga.com  
Website: bhumiyyoga.com

## WHAT PEOPLE ARE SAYING ABOUT BHUMI'S YOGA TEACHER TRAINING:

"It is very important that you learn yoga from the right source. I have seen Bhumi's deep commitment and enthusiasm for the practice of yoga and I feel she is a right source. I am always in support of her. YTT is a deeply transforming process . It is a training that prepares you not just as a teacher, but also prepares you as an individual to encounter all life's situations."

***Yogi Amrit Desai, Founder, Kripalu Center for Yoga and Health and the Amrit Yoga Institute***

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"Bhumi pulls from her extensive training and travel with numerous internationally recognized yoga practitioners. Whether it is a yoga class, weekend retreat, specialty workshop, or training she brings the applications of yoga, energy work and massage therapy to provide you with Bhumi's Blend. On any given day she will also incorporate her extensive knowledge in the areas of Macrobiotics, Ayurvedic practices, and Sanskrit. Her love of teaching and inspiring growth in those she encounters is obvious".

"Bhumi is an engaging and thought-provoking speaker. She has an ability to bring people together in a way that opens hearts, creates connection and can change our view of the world, on many levels. A true teacher and communicator."

***Nikki Pawlowski, Corporate Wellness, YTT Grad 2001 & Bhumi's YTT Assistant Director***

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### From Last Year's YTT 2013 Graduates...

"I was blessed with the opportunity to attend Bhumi's YTT. It altered my mind, body and soul. I went into the program to learn and to better my yoga poses and came out with so much more. My focus within all aspects of my life is better. I sit up straighter, I am physically stronger and I am at peace with things as they are on a daily basis. I accept. I listen. I am. Bhumi is a very special soul and teaches from the heart. Her ability to listen and teach and to innately know what is required for understanding is magnificent. The curriculum for the training was in depth but interjected with posture flows and team work so it was easily digested. I highly recommend the training course to anyone at any physical level. It is not just for someone wanting to teach yoga but for anyone looking to improve their life."

***Lisa Chappell, HP Network Technology Consultant, YTT Grad 2013***

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"Bhumi's Yoga & Teacher Trainings provides a retreat-like space to learn about all facets of yoga, develop yourself as a teacher, and engage with the extended yoga community."

***Jessica McKeown, Yoga Teacher, YTT Grad 2013***

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"Bhumi's Teacher Training Program is absolutely wonderful. I finished the program ready and confident to teach. I feel that I am prepared and have been given the knowledge I need to succeed. I am very excited to continue my education with Bhumi in the near future! I'm having a blast teaching yoga. I cannot truly express in words, the gift Bhumi has given me by teaching me to teach others. It has made all the difference. I am fulfilled, brave, and humbled all at the same time. I am so glad I picked up that phone that morning and asked about Yoga Teacher Training. That one moment has forever changed my life."

***Meg Marie Fiocco, YTT Grad 2013***

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"I was in a beautiful meditation that was timeless and when I gradually came out I had tears. The tears were not of sadness yet of pure joy and a thought of you arose. The thought gave me the feeling of how truly blessed I am to have met you and so grateful you share yoga with me with such an open and honest heart. So today in my practice I sent you bounds of love and gratitude."

***Amanda Fedor, YTT Grad 2013***

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"What an amazing journey life is, and you have provided us with priceless lessons and insight on how we can live life to our fullest potential.

Before coming to Bhumi's Yoga I had very little exposure to yoga at all. Through my short time with you I have learned the invaluable principles of what it means to live a yogic life. Amongst many things, you have provided me with the tools to look within when there is something that needs/wants to be changed. As difficult and deep as it is to assume that responsibility, it's the only way to becoming the person I truly want to be. Thank you for who you are and what you do and believe in. You provide such a precious gift to so many people."

***Crystal Tromler, YTT Grad 2013***

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"Bhumi provided excellent and meaningful training to become a yoga teacher. She shares her strong belief in the benefits of yoga and how those benefits translate into teaching yoga and how to be a lifelong student of yoga and all it has to offer. The actual grounds and studio are breathtaking and the program was well rounded. I would recommend Bhumi's to anyone looking to become a yoga teacher."

***Cynthia Pistone, YTT Grad 2013***

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### **From Previous YTT Graduates...**

"I literally have tears in my eyes & an overflowing heart & a stuck brain trying to think of a way to express how I feel about you and your teachings bringing me to where I am on my path. I face towards Columbia Station at the end of my daily practice and bow to you. You've inspired me in more ways than you know. When I am settled & up & running I hope you'll consider doing a workshop at Quintessential Yoga. My feet, my path, your inspiration.

***Carol Myers, Quintessential Yoga, YTT 200 Grad 2011, currently in YTT 500***

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"Bhumi taught me the gifts of teaching others, to have the confidence to instill a Yoga Teaching Method that can work for any person and the abilities to teach and learn any form of Yoga Style old or new. With Bhumi I had the opportunity to unlock the keys to excellent teaching methodologies, and perfect postures taught by one of the GREATS, Bhumi.

Bhumi, thank you for all that you do for your students. I can't tell you how many times your lessons come back to solidify my teachings and I owe it ALL to you! I wanted you to know that I truly appreciate you! You are one of God's Blessings and I know He shines on you daily."

**Angel Tonemah, YTT Grad 2007**

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"YTT with Bhumi will challenge the boundaries of your practice and understanding of yoga. With Bhumi's focused attention and loving guidance you will learn to share with others the alignment, techniques and modifications of the world's oldest health system. With Bhumi you learn more than how to give information. She sets an example of how to encourage others to live deeply, fully, and with compassion."

**TJ Carney, Carney-McNicholas Inc., YTT Grad 2000**

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"Yoga Training with Bhumi has been one of the best experiences I have had. It is not just learning about yoga but also learning about yourself and how to listen to your body. Yes, learning to teach and share yoga is wonderful, but the personal benefit I had from this experience is still with me today – 12 years later! Just do it!"

**Dan Bronish, YTT Grad 2000**

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"I encourage any yoga student to take Bhumi's YTT Program. My intent was to deepen my '*knowledge*' of yoga. What I walked away with was a deeper '*love and understanding*' of yoga, and a family bond with my fellow students that will be in my heart and life forever. Bhumi is a fabulous teacher and her covering of material is so abundant and a wonderful reference for future studies and your own practice. You can't go wrong being in YTT! Explore your possibilities and have fun!"

**Linda Barberic, Keith Berr Productions, Soma Tea, Soma Yoga, YTT Grad 2000**

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"Bhumi provides an opportunity to learn and experience, to express and expand, and to bond with a loving and radiant group of fellow trainees. She puts her heart and soul into the program and her caring never wanes."

**Shirley Pierce, Retired Yoga & Meditation Teacher, YTT Grad 1996**

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"I entered YTT on a whim, something "different" to try. I wanted to change my personal commitment to yoga and maybe more importantly my ability to relate with others. Through this program, I experienced a deepening in my yoga practice, a transformation in my skills at group dynamics and met some wonderful new friends! I realize that it was wise to trust my instincts."

**Dave LaSalvia, Dentist, YTT Grad 1995**

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