

## **BHUMI'S YOGA BACKGROUND**

### **HARRIET RUSSELL ("BHUMI"), M.Science, RYS YTT DIRECTOR**



Harriet "Bhumi" Russell was introduced to yoga and meditation as a stress management tool for her corporate life in New York City and Tokyo, Japan. When she saw the great benefits they offered, she decided to change focus, change careers, and learn more.

Harriet, known as "Bhumi" in the yoga world, lived the ashram lifestyle for 8 years at Kripalu Center, the largest holistic health center in N. America, in a community of 350 residents under the tutelage and spiritual guidance of Dr. Yogi Amrit Desai. This lifestyle integration of many modalities of alternative

health and complementary medicine brings an additional depth and knowledge to her teaching. Since 1992 she has returned to live in her native Ohio.

#### **YOGA and HOLISTIC HEALTH TRAINING**

At Kripalu, Bhumi became Program Director of Yoga Teacher Training and Bodywork Training certification courses, graduating thousands of students with a team of assistants. In addition to her advanced certification in Kripalu Yoga, and certifications as Holistic Health Educator, Bodywork Massotherapist, and Amrit Yoga Nidra Facilitator, Bhumi has studied many other styles of yoga in depth.

Bhumi took an Advanced Intensive and Teacher Training courses for 10 years with Rodney Yee. She studied directly with BKS Iyengar, Geeta Iyengar, and Senior Iyengar teachers for 17 years, explored Anusara Yoga, trained with Bikram Choudary, and completed an Ashtanga Teacher Training course.

Bhumi also brings into her programs her knowledge of Ayurveda Studies with Vijay Jain, MD, Macrobiotics, and her training in Yoga Therapy, Shiatsu (Acupressure) Massage, Energywork and Polarity Therapy, and the Martial Art of Aikido from Japan.

A linguist and language buff, Bhumi studied the Yoga Sutras of Patanjali with Vyaas Houston, Director American Sanskrit Institute... in the original Sanskrit! And, she loves to teach it.

#### **"BHUMI'S BLEND" STYLE**

Our style is called "Bhumi's Blend" consisting of structure and alignment, breath and flow. . . a meditation in motion incorporating precision in form. Constantly evolving, each class is uniquely in the moment.

In Bhumi's YTT you learn several styles of yoga as well as therapeutic applications. Then you will have a repertoire of yoga to choose from for yourself and your future students in all stages of life.

A true educator, Bhumi has sponsored internationally-known teachers and colleagues such as Dr. Yogi Amrit Desai, Dr. Vijay Jain, MD, Kamini Desai, Rodney Yee, Doug Swenson, Dean Lerner to present at Bhumi's Yoga. In addition, she has taken students on the Yoga Cruise, to Costa Rica and to India. Bhumi is very generous in exposing her students to yoga opportunities.

#### **BHUMI IS AN OHIO PIONEER**

The original Bhumi's Yoga and Wellness Center, in Lakewood then Westlake, was founded in 1994. It was the first yoga studio in Greater Cleveland. Bhumi introduced yoga to this mainstream population and put yoga "on the map" in Ohio. Bhumi's Yoga was the first to bring yoga into the public and private schools in the suburbs, as well as into the west side Cleveland Clinic, women's shelters and recovery facilities, and has an outreach program network of teachers under its umbrella, including at NASA Fitness Center.

Over 250 teachers have graduated from the Bhumi's Yoga Teacher Training, and many of them are actively teaching and contributing to the further advancement of yoga and self discovery.

Nationally, Bhumi's Yoga was the third school in the USA to join the Yoga Alliance. We have history!

### **WORLDWIDE CONTRIBUTIONS**

Bhumi has been a teacher/trainer for over 35 years. She is well known in the community, is published, and is regularly featured in the press and on TV, locally and internationally. She has been sponsored to speak and lead seminars in N. America, Europe, Asia and in several former Soviet Union countries.

Bhumi has a diverse background, lived overseas for 8 years in Spain and Japan and is fluent in several languages. She has been to India three times. In 2008 she did volunteer teaching and coaching in Kyrgyzstan for three months. See [www.VentureFromTheHeart.com](http://www.VentureFromTheHeart.com)

In 2011, Harriet Bhumi Russell was invited on a State Dept U.S. Speaker grant to teach at the US Embassy in Minsk Belarus, the Belarus Coaching Federation and as a panelist at the Bel-Biz Entrepreneurship Forum. See [www.HarrietRussell.com](http://www.HarrietRussell.com)

### **AWARDS and MEMBERSHIPS**

Harriet Bhumi Russell was named a Paul Harris Fellow by the Rotary International Foundation "*in appreciation of tangible and significant assistance given for the furtherance of better understanding and friendly relations among the peoples of the world*" in 2009.

In 2011, she received the Human Values Award honorable mention from the Art of Living Foundation "*in recognition of leadership and inspiring contribution to uplifting human values in the world.*"

Bhumi's Yoga & Wellness Center was voted "The Best Yoga Experience" by [Cleveland Magazine](#) and "Best of CitySearch Winner".

Bhumi has been an active member of the International Yoga Therapists Association, Yoga Alliance, Kripalu Yoga Teachers Association, International Coach Federation, National Speakers Association, Rotary Club International, Chamber of Commerce, COSE, Positive Thinkers Network, several women's business networking groups and other professional organizations.

### **WHAT THIS MEANS FOR YOU**

From corporate life in New York City, to the monastic life of a yoga ashram, Harriet Bhumi Russell is able to present yoga in a way that relates to the Western society we live in without sacrificing the depth of the discipline.

You will find a diverse, well-rounded, in-depth and truly transforming learning experience through Bhumi's YTT. Bhumi and the team of teachers are here to guide you on your personal journey with expertise, knowledge, and compassion.

**See more:**



[www.BhumiYoga.com](http://www.BhumiYoga.com)

[www.BhumiInternational.com](http://www.BhumiInternational.com)

[www.VentureFromTheHeart.com](http://www.VentureFromTheHeart.com)



**NIKKI FISHER, BS Biology, RYT, AFAA  
YTT ASSISTANT DIRECTOR**

Nikki Fisher has been teaching private and group yoga since certification in 2002, and she has been Assistant Director at Bhumi’s Yoga Teacher Training since 2013.

She has a passion for yoga, health and wellness and teaching a holistic way of being. Nikki has worked in the health education and health promotion industry for the past 15 years with the last 10 years focused in corporate health promotion. She has traveled extensively throughout the U.S educating and promoting health and well-being to employee populations of many large employer groups.

Nikki earned her Bachelor of Science in Biology from Bowling Green University. She has acquired numerous coaching and fitness certifications, is recognized by the Yoga Alliance, and a certified personal trainer and group exercise instructor through the Aerobic and Fitness Association of America (AFAA).

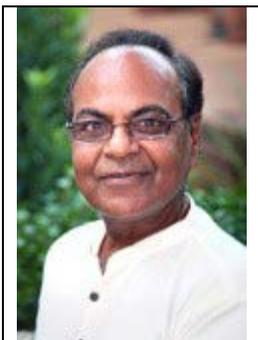


**NIKKI ROGERS MPT, RYT  
SENIOR TEACHER, SPECIAL SESSIONS**

Nikki Rogers is a Licensed Physical Therapist (Masters Degree), a registered teacher with the Yoga Alliance, Bhumi’s 2008 YTT graduate, a certified Strength Training Specialist through IWA, Inc.

Nikki has developed specialized therapeutic classes for seniors, and children on the autism spectrum for Fisher-Titus Medical Center. She uses a scientific and holistic approach to teach individuals of all ages and abilities.

Nikki and her husband Rollie are the proud parents of two young daughters, Kaia and Sasha.

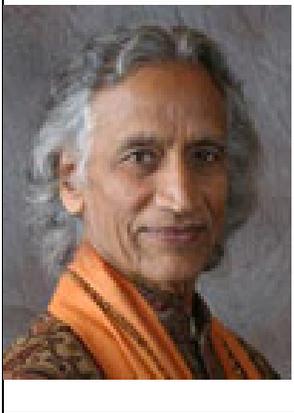


**DR. VIJAY JAIN, MD  
AYURVEDA CONSULTANT/LECTURER**

Dr. Vijay Jain brings more than 40 years of experience in General Surgery and 18 years of focused study to his work with Amrit Yoga Institute. His intention is to integrate traditional/Western medicine with ancient medicine and well-tried systems of healing from different cultures.

He has studied mind/body medicine with Dr. Deepak Chopra, MD, Yoga Therapy from Vivekenanda Research Center in Bangalore, India and courses in Ayurveda medicine with Dr. Sunil Joshi, MD (Ayurveda) in Nagpur, India and courses in Integrative Medicine with Dr. Andrew Weil in Tucson, AZ. He has studied Ayurveda and Panchakarma with Dr. Prerak Sha,MD (Ayurveda) in Ahmedabad.

In addition to his surgery practice, Dr. Jain lectures on Ayurveda Principles and Practices, and how to create Optimal Health. Recently, he has become interested in the science of graceful aging as it relates to holistic practices.



**YOGI AMRIT DESAI (GURUDEV)  
SPECIAL WEEKEND JUNE 3-5, 2016**

An internationally recognized authority on yoga and holistic living, Yogi Desai began teaching yoga in 1960, making him one of the earliest pioneers of yoga in the West. The methodology he developed has evolved into the Amrit Method, which he continues to refine. Today, his approach is practiced by thousands around the world, with certified teachers in 37 countries. Yogi Desai's teachings contain a powerful experiential component that creates profound shifts for those who are ready, receptive and open. He has integrated ancient wisdom into a practical methodology for dealing with the challenges of modern life.

**Follow up ONLINE VIDEO LECTURES & INSPIRATION**

**BRITTANY GAUL , RYT  
YTT CHILDREN'S YOGA TEACHER**

Graduate Bhumi's YTT 2012  
Actor, Teaches Yoga in various locations

**TOM CARNEY  
SENIOR TEACHER, SPECIAL SESSION**

Bhumi's YTT Graduate

**AARON VAUGHN , JD  
GUEST PRESENTER**

Financial Planner, Attorney

**LOREN SCHUH, LMT  
GUEST PRESENTER**

Naturopath, Bodyworker

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