



Bhumi's International Director Harriet Russell: Our minds are the tunnels to creativity, dreams, successes and inner happiness, and we need to truly understand the depth the mind has on our body/mind connection, she says.

she returned to the United States to further her career in American business environments, thus, pursuing a corporate life in New York.

However, Russell also began to feel the stress, specifically because she was searching for something more than the external achievements of working on Wall Street and not following her true nature. She eventually reached an epiphany.

She became a dedicated practitioner of yoga and meditation for stress management and started to become aware of how she felt and what this new practice was doing for her soul. She found clarity in her mind and in her heart.

WORLDLY WOMAN

YOGA AND MEDITATION PRACTITIONER OFFERS CLIENTS A RETREAT-LIKE EXPERIENCE IN COLUMBIA STATION

BY NICOLETTE VALA
PHOTO BY LINDA FORD

Harriet “Bhumi” Russell takes the phrase “true beauty comes from within” and explores it in greater depth to understand the mind, body, and soul while applying it toward achieving internal peace, health, and wellness.

The director of Bhumi’s International in Columbia Station found her inner strength and inevitable passion for traveling and experiencing the world through a variety of cultures and perspectives at an early age. She had a hungry mind, an open heart, and passion to explore. She knew there was more to see, more to learn, and more to be than just a U.S. citizen. She wanted to be a world citizen.

She began her dream of studying languages, living and working internationally to bridge cultural gaps and help people find peace in the world. She lived eight years abroad between Spain and Japan and made her way through Iran, Afghanistan, and Asia. She realized she had spent the majority of her adult life overseas.

“Who am I?” Russell began to question. She was an American doing business in Japan. Was her style American or Japanese? Or was it a unique Harriet Russell style? With those lingering questions,

She recognized her discontent and that her unique path was something different. Russell followed her heart and embarked on a spiritual and enlightening journey that soon became a successful, but more importantly, fulfilling lifestyle. Through continuous dedication to her newfound calling and receiving certifications in yoga and holistic health education, Russell used courage to follow her own path fearlessly. She now dedicates her time to share the same message with others.

Russell, Cleveland born and bred, brought her passion for culture and expertise in holistic training and cross-cultural communications and business protocol back to the states and became an international small business development expert, trainer, and coach.

In 1994 she opened the first health and wellness facility in the Greater Cleveland area and created Bhumi’s Yoga and Wellness Center (“BHUMI,” meaning Be Healthy Under My Instruction), building a community of like-minded people. Through this, she offered a variety of wellness opportunities, from yoga classes of all levels to yoga teacher training, to healthy mind training for businesses and private coaching. In addition, she brought stress management into the public and private schools.

“I commit to creating closer relations and understanding among all peoples through any work I do, for the goal of the personal growth and the highest good for all,” Russell says.

In April she launched a new center, which sits in a natural environment on eight acres in Columbia Station, where participants can have a serene retreat-like experience with views of the woods and pond, creating an ideal place for learning and nurturing the body, mind, and spirit. She offers a variety of techniques, training, and workshops at the center to help decrease stress levels and enhance communication in personal as well as business relationships.

Russell develops customized healthy mind seminars and programs for businesses of all sizes with a variety of unique approaches, including mind-body awareness, conflict resolution, and stress management techniques. Workplaces may profit from the stress reduction courses and yoga classes with long-term benefits, including increased productivity, improved morale, lower benefits and worker's compensation costs, an increased return on investment, and overall a happier and healthier work environment in which people can work together as a team.

Some of the most significant questions Russell attempts to work through with her clients are "What is real health?" Why do people want to be healthy? The majority of answers derive from wanting to feel good. However, being healthy is not always associated with physical activity, working out, and eating properly.

Research has shown that nearly 90 percent of patient visits are directly or indirectly related to stress. With this observation, physicians are now identifying and advocating that psychological and behavioral interventions be included in their routine medical care. She further

explains that with this, people need to be more aware of being healthy in your heart, mind, and passion and the physical will align with that.

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The word "whole" is an important term noted. The original word for "Health" in Latin/Greek is Hol (whole), and she believes it is the root of being healthy. "Being healthy is a whole package of the whole person.

The question is, do we know how to use the power of our mind properly toward balancing and maintaining a healthy and fulfilling life? According to Russell, our mind is the tunnel to creativity, dreams, successes and inner happiness, and we need to truly understand

the depth the mind has on our body/mind connection.

"Understanding the true essence of being healthy is through deep soul searching and being aware and accepting of who you are as an individual and what the nature is of the mind," she says. "If you don't replenish yourself, you will have nothing of any depth to offer anyone else." ■

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