



I first tried Bikram yoga in NY march 2006, in lower east side with Tricia. I did not know what I attended to, so I came with an open mind. From the first second I liked it. It was so hard, but at the same time it gave me much peace and a feeling of wholeness in my body.

When I came back to Norway I knew this was something I wanted to know more about. I had to be patient because there was no Bikram studio in Oslo where I live, but with much effort and time I finally came to Ibiza to practice frequently.

With this yoga I just followed my heart, I felt that "this is it", that I want in my life. The statement of being. I would like to attend to the teacher training to go deeper into all the meaning of Bikram, and to also have a tool to use. This is something I want in my everyday life, and I would feel grateful if I could pass the gift of Bikram yoga to others.

For me, it gives me inner peace, and learn me to only be, be in myself. After every class I feel the sense of a higher statement, and it gives me a complete body, mind and soul together. I would also like to make Bikram yoga happen in Norway, and I want to dedicate my life to it. I am a therapist and am concerned about how we use our situation in life, and here I feel strong that bikram is important contribution.

