



I want to become a Bikram Yoga Teacher because I believe Bikram Yoga has great potential to heal the mind, body and soul.

It is in that room, that I must confront my fears. It is in that room, that I must let go of my emotional scars and pain. It is in that room, that I must unveil my ego and my pride. It is in that room, that I must find strength, compassion and beauty within.

It is in that room, that I find my TRUE SELF. If I can help just one person on their path to healing, I will be grateful. But if I am able to guide a whole class of people wanting to be healed, that would be a tremendous gift.

