

Testimonial for Sarah Bates, The Motorcycling Yogi

I was completely new to Yoga when an osteopath referred me to Sarah following treatment for back pain. Although I was aware of the potential physical benefits of Yoga, I had not appreciated the tremendous impact on my general wellbeing, health and work life.

Sarah's intensive, 1:1 sessions were designed around my specific needs and I began to see and feel improvements right from the outset. As our weekly sessions continued I began noticing that my flexibility, strength and balance were all getting better. What surprised me were the improvements to my memory, concentration and work capacity.

My work involves long periods of sitting at a computer or with a coaching client where intense levels of concentration are required. I found it easier to be really 'present' in a coaching session, focusing solely on the individual and clearing my mind of all other distractions. Inevitably my posture has improved and I suffer from much less back discomfort than before. The energy and level of alertness I now experience means I can be much more productive in my work outputs.

The work we have done on breath control and balance enables me to be even more effective when I am facilitating conferences or workshops. The increased sense of being grounded and with a greater sense of physical and spatial awareness has made a real difference.

Sarah has a wonderfully friendly approach and she quickly assessed my needs, wants and learning preferences. She has helped me to develop confidence, courage and ability, and an enjoyment in Yoga which I had not anticipated. Sarah is adept at creating the right amount of challenge in her sessions - pushing boundaries but always ensuring that there can be a sense of achievement and success. She also introduces elements of the history, language and philosophy of Yoga which help me to understand some of the background and wider context. Sarah's approach has enabled me to begin to learn Yoga effectively and I now attend some of her group classes.

This too has been a revelation. Sarah's classes contain a happy and diverse mix of ages, abilities, sizes, shapes, gender, experience and expertise. Even in a large class Sarah engages with everyone as an individual and creates a supportive environment in which we can all relax and enjoy our Yoga.

Sarah sent me a picture the other day; it said "WARNING, Yoga has been known to cause health and happiness". I'd take that sentiment further: Yoga can change your life. Thank you Sarah.

Julia Randall
Executive Coach and Business Facilitator
Forward Training and Development Ltd
07768 761657
julia.randall@btopenworld.com

April 2015