

the devon school of yoga

# newsletter

SUMMER 2013

## welcome to summer!

Welcome to the first of the Summer months with the sun approaching it's highest providing us with longer periods of light. Take the opportunity to go barefoot on the earth and tune in to the expansive energy of the season while practicing prana mudra!

We have a packed DSY Summer newsletter for you to enjoy. There are plenty of articles of interest ranging from: Overcoming fears of the headstand, a Himalayan Yoga Centre report to reflections on the yogic diet

Thank you to everyone who contributes and reads the newsletter. Please keep in touch and send us any yoga articles, reviews, workshops, etc, which you wish to share with the DSY community.

Enjoy!

**Duncan, Sue & Jules**

[www.devonyoga.com/](http://www.devonyoga.com/) [info@devonyoga.com](mailto:info@devonyoga.com)

## dsy news, workshops & retreats

### June 22 - DSY Summer Solstice Workshop.

**10am-5pm with Duncan Hulin**

Holistic yoga including breath kriyas, asana, pranayama, shiatsu & chanting.

**The Barefoot Barn, Chagford**

**£40, (deposit to hold a place £20)**

### July 7 - DSY Holistic Yoga Day.

**10am-4:30pm**

**Duncan Hulin & Andrea Guest**

Including breath kriyas, asana and pranayama.

The Yoga Barn, Ilfracombe

**Bookings see: [www.breathingyoga.co.uk](http://www.breathingyoga.co.uk)**

### July 7 - DSY Holistic Yoga Day.

**10am-1pm with James Russell**

**Yoga Bodhi, Bath**

**£25 Bookings see: [www.jamesrussellyoga.co.uk](http://www.jamesrussellyoga.co.uk)**

### July 20-21 - The Devon Yoga Festival presents

**The 2013 Summer Yoga Sangha**

Embracing the holistic practices of yoga.

A choice of 18 workshops over 2 days, A variety of yoga

styles, Early morning silent meditation practice

Evening Kirtan (chanting), All meals and drinks included in

the price, Residential £170 (SOLD OUT)

Non-residential £120 (STILL AVAILABLE!)

**Further information see: [www.devonyogafestival.co.uk](http://www.devonyogafestival.co.uk)**

## This is Basunti

By Nicola Glassbrook

Some of you who have been on a weekend retreat, the foundation course, or teacher training will know the sheer pleasure of experiencing a DSY residential with Duncan and Andrea. Well, imagine early morning kriyas sat on a marble flat roof, the sun just risen warm in your face, a gentle breeze blowing, exotic bird calls and across a still lake a view of the snow-capped Himalayas:  
This is Basunti.

Imagine after a lovingly prepared breakfast and warm shower (yes hot water in India), asana practice in the shade of a yoga shala surrounded by lush bourgenvilla, bees and butterflies gently floating in and out and cheeky Bulbul's flying in to watch:  
This is Basunti.

After a leisurely simple lunch, imagine relaxing by a pool filled with fresh lake water, or a gentle exploration of your surroundings; down to the lake or a walk through 'the jungle', up to the village or down to the meadows, knowing it's safe to go wherever you please, time for reflection, or just to watch the gentle pace of life:  
This is Basunti.

Imagine a weekend trip to Dharamsala and McCleod Ganj nestled perilously high, the Himalayas looming large, with beautiful Tibetan temples, including ornate and detailed decoration and fabulously tacky Hindu temples where you walk in to a 'tiger's mouth' to ascend the stairs. Plenty to see and plenty to buy! Although the clean mountain air is often tempered by vehicle fumes, the hustle and bustle and the beeping of horns makes you glad to return to the oasis:  
That is Basunti.

In summary; amazing yoga, wonderful hospitality, beautiful surroundings, great companions, I am already planning my return. If you are thinking of booking to go, well stop thinking about it and just do it!  
Get to Basunti!

Please see the end of this newsletter for two more reviews AND a picture gallery!

**The next DSY North India Retreat to Basunti will take place 27 March-12 April 2014. If you are interested in attending, please email the DSY office at: [info@devonyoga.com](mailto:info@devonyoga.com)**

click onto [www.devonyoga.com](http://www.devonyoga.com) website for all course details

# Yoga and Diet

by James Russell



“Nothing will benefit human health and increase the chances of survival of life on Earth as much as the evolution to a vegetarian diet.”  
~ Albert Einstein

Our natural instinct is to be healthy and yoga practice helps us to tune in to that instinct. Yoga helps us to cultivate harmony and balance in every aspect of our lives, including diet.

The food we eat contributes to both our physical and mental well being. Food has a subtle, yet powerful effect on our consciousness. The yogi endeavors to keep the mind calm, clear and sharp and so chooses a diet that supports this attitude. In yogic literature the energy of the universe is described as having three essential qualities called ‘Gunas’:

**Sattva: Purity, wholeness**

**Rajas: Activity, passion**

**Tamas: Inertia, inactivity**

The whole of the material universe is continuously affected by combinations of these qualities. How do you feel right now: tired, tamas; alert, rajas; or at peace, sattva? When we begin to examine our lives in this context we often find a tendency to be caught up in one guna more than others. I know that I have a tendency to be quite rajasic sometimes.

The yogi seeks to be in the mode of sattva as much as possible. Sattva is the ideal condition for Yoga practice and is the platform from which the Yogi is able to then transcend the binds of the material universe.

The character of a food and its effect on our mind and body determines its category of guna.

**Sattvic: easily digestible, fresh, juicy, nourishing and tasty.**

**Rajasic: bitter, sour, salty, hot & dry, spicy, stimulating**

**Tamasic: old, dry, decaying or dead, uses lots of energy to digest.**

A vegetarian diet is certainly sattvic. In fact, the word itself comes from the latin ‘vegetus’ which means whole, sound, fresh lively. Very similar to the definition of sattva. Coffee, spicy curries and caffeine are all rajasic. Meat consumption is certainly tamasic.

At the very core of the Yoga tradition is the practice of ‘Ahimsa.’ Ahimsa means non-violence and not causing harm to others. When we consume the flesh of animals that have been slaughtered we are contributing (albeit indirectly) to the suffering of those animals.

For the yogi, all life is sacred: every creature is a sentient being with feelings, thoughts and emotions. To consume another being is without doubt an act of ‘himsa’, violence.

But wait, don’t we need to eat meat in order to get enough proteins? This is what I was always told and ate meat without question for many years. But once I did a little research, I found out this is a bit of a fallacy.

Until about 20 years ago it was widely believed that only meat, fish, eggs and milk products had complete proteins, (i.e. containing eight amino acids not produced in the body) and that vegetable proteins were incomplete (lacking one or more proteins.) However, modern research has found that most vegetables, fruits, nuts and grains are excellent sources of complete proteins and are, in fact, easier to assimilate than meat and also carry less toxins. *Continued on next page...*

In the last 20 years, the official recommendation for daily intake of protein has gone down from 150 grams to 45 grams. Recent research has found that too much protein can actually be harmful to the body.

The vegetable kingdom is the source of all proteins - vegetarians simply get it direct, rather than second hand from the slaughtered animal. It is interesting that meat-eating humans mainly eat animals that are herbivores - very rarely do humans eat carnivorous animals.

When you examine the basic physiology of a human being you will find it has more in common with a herbivore than a carnivore, i.e: no claws, perspiration through skin pores, flat back molars, alkaline saliva with well developed saliva glands, stomach acid ten times less strong than carnivores, long intestinal tract. In carnivores, the intestinal tract is fairly short, about three times the length of the body, this is so that meat can be passed through the system quickly, minimizing the impact of toxins. In herbivores and human beings the intestinal tract is much longer: about six times the length of the body: fruits and vegetables decay less rapidly so can pass through the system more slowly.

The human body is unable to deal with excessive animal fat and cholesterol which can lead to high blood pressure, heart disease and strokes. As early as 1961 the Journal of the American Medical Association said "Ninety-seven percent of heart disease can be prevented by a vegetarian diet."

Other important considerations are the economic and environmental impact of the meat industry, which is a tremendous drain on natural resources. Millions of acres of forest have been chopped down for cattle grazing. According to the U.S. Department of Agriculture over 90 percent of all the grain produced in America goes to feed livestock bred for human consumption. The same department found that for every sixteen pounds of grain fed to cattle, only one pound of meat is produced.

The world hunger problem can be solved. We already produce enough grains to feed everybody but we are allocating it wastefully to the meat industry.

A yogic 'sattvic' diet is a natural step in both our spiritual and physical evolution as a species.

Our yogi ancestors advocated a simple, moderate diet of fruit, vegetables, grains, nuts and seeds. Ideally, after eating, the stomach should be half full, a quarter water and a quarter empty. We are advised to chew our food slowly and thoughtfully and avoid distractions and stimulation. Ideally food is consumed in silence and an appreciation for the food is cultivated.

The idea is that we create a positive, nutritious eating experience that facilitates effective digestion and allows full absorption of nutrients and minerals. Our consciousness is uplifted and we are in harmony with nature.

Not everyone can stand on their head or meditate for hours on end - but everyone eats every day. Why not make eating a part of your yoga practice.

[www.jamesrussellyoga.co.uk](http://www.jamesrussellyoga.co.uk)

Visit [www.devonyoga.com](http://www.devonyoga.com) for information about courses, retreats & workshops

## General Noticeboard

### Message from Virginia Compton of Yoga Torbay

We have such a great space here and I'd like to offer it up for one session a week (time TBC) for DSY students to use, either to teach by donation or to meet up?

Om Shanti,  
Virginia  
[info@yogatorbay.com](mailto:info@yogatorbay.com)

### Message from Charlotte Browning and Jo Halford

We are planning to start a monthly yoga teachers support group on a Sundays for tea and cake - swapping venues.

Contact us if your interested:  
Charlotte Browning: [210charlotte@live.co.uk](mailto:210charlotte@live.co.uk) or  
Jo Halford: [josiebutt@yahoo.com](mailto:josiebutt@yahoo.com)

### Namaskaram

Namaskaram is the online magazine and newsletter of :

### The Independent Yoga Network

Here you will find news, views, and authoritative articles on all matters Yoga, plus an up-to-date list of workshops, retreats and seminars put on by Independent Yoga Network members. If you are an Independent Yoga Network member you can list your classes, workshops and events - go to the 'what's on' page to find out how to add your listing.

For more information:  
[www.namaskaram.co.uk](http://www.namaskaram.co.uk)



# Himalayan Yoga Centre Report

by John Tuffin

Last October I attended two courses at the Himalayan Iyengar Yoga Centre in India. These were held at Dharamkot, a village in the wooded hills near McLeod Ganj. McLeod Ganj is the upper part of Dharamsala and it is an interesting place, not least because it is the home of the Dalai Lama's Government in Exile.

The HIYC was founded in 1985 by Anand Sagar (Sharat Arora), a pupil of B.K.S. Iyengar. It holds a wide range of classes and courses at Dharamkot and in the winter it moves to Arambol in Goa.

Iyengar Yoga calls for great precision in technique and to achieve this, a great deal of equipment is used. The yoga shala contained a huge stock of blankets, bolsters, cushions, straps and stools, with bars and hooks on the walls. Additionally we always used two mats: a lower one of the usual rubbery kind and a canvas one which lay on top. At first the canvas mats felt uncomfortable and unsteady, and it was too easy to slip on them, but after a few days one learned to keep the weight on the outside edges of the feet to prevent this from happening; the canvas mats are used to encourage this skill to develop.

All students, of whatever ability, are required to start with the 5 day beginners' course before progressing to more advanced work.

Every day we had 3 hours of instruction, in which we covered about six or seven asanas. There was great emphasis on the contact between the feet and the mat in the standing asanas. We were taught to keep the outside edges of our feet parallel with the mat, to press our weight down into our heels and to extend the toes forwards, with the big toes lightly touching the mat and no weight on the other toes. This affects the distribution of weight throughout the body and helps to keep the front of the body open. Holding a pose such as Warrior for up to 10 minutes on each side in this way is very instructive.

Savasana was often very elaborate and took a long time to assemble, for example with the head under a stool, the back against the wall and the legs draped over the stool.

After my first course I was offered the option of progressing to the next level but instead I repeated the beginners' course. I think I made the right decision over this. Repeating it enabled me to get a great deal more from it. The courses were taught in English by two young women, one German and one Israeli, with one giving instruction and the other moving around the class making adjustments. In the second course they swapped roles and their differences in approach were helpful when I repeated the course.

The HIYC is impressive and if anyone is interested in going there I would be pleased to talk to them about it. Their website is: [www.hiyogacentre.com](http://www.hiyogacentre.com)

# My Beautiful India

by Julie Lea

I booked this trip a year ago. I had been on many weekend retreats with Duncan and Andrea. And I had a deep sense that India 2013 was my time. As the date approached I went through many different emotions. I have two beautiful daughters, and at times I couldn't imagine leaving them for 16 days. But at other times I felt: please bring it on!

I also hated flying.

Luckily on the outward flight I was sat next to Jackie and Helen. I explained to Helen about being a little nervous and her reply was: "don't worry I know I am going to live until I am 90 so you are fine on this one". Wow, I thought, she sounds bonkers, but I am going to go with that, thank you.

I am sure that every amazing destination is arrived by an incredible journey. Basunti, was such a treasure.

The first morning I was sat on the roof top, after some well earned meditation and stretching. As I looked to my right I noticed the most beautiful clouds, all in a line just floating there. I looked a little closer and noticed that they were the snow capped mountain peaks of the Himalayas. I burst into tears and felt such a connection to them, they where so beautiful and powerful I felt literally punched in the face by them.

The group, of amazing people came into its own. An incredible energy grew between us all.

There were times for singing, times for laughter, times for stillness, and times for tears. The group felt safe. A safe place for emotions to flow, which for me, of course they did.

After a wonderful 2 day trip to Mcleod Gang, at the end of the first week, we arrived back at Basunti and a sense of stillness grew.

The silence increased. The meditation and pranayama deepened, more than I had ever experienced before. It wasn't until I got home, after two days of feeling utterly depressed that I started to understand what had happened to me. I began to feel happier, lighter, I felt clearer. Most holidays stay with you for a few weeks after getting back home.

I am now five weeks back and I am still carrying that sense of space, and calmness. Yoga is a practice and believe me I am practicing.

A huge hug and kiss to all the people who made my 16 days of freedom an experience in my life time I will never forget.

## DSY Workshops & Retreats

**Sept 21 - Postgraduate Workshop  
- Ongoing Enquiry.**

**10am-5pm**

**Duncan Hulin**

Kriyas, asana, pranayama, chanting, shiatsu swap and networking, plus TTC diploma presentations.

**The Barefoot Barn, Chagford**

**£40, (deposit to hold a place £20)**

**Oct 25-27 - Holistic Yoga Autumn  
Retreat**

**Duncan Hulin and Andrea Guest**

Experience a weekend of yoga, pranayama and meditation with time to relax and enjoy the beautiful surrounding countryside at the privately owned and recently opened Rill Estate near Totnes, Devon. Vegetarian cuisine and spacious light studio. **Friday 3pm - Sunday 3pm.** **Total cost £260** - includes accommodation, all meals and drinks, three yoga sessions per day, evening chanting on Saturday and use hot tub.

Further information is: [www.devonyoga.com/residential-and-retreats](http://www.devonyoga.com/residential-and-retreats)

**Also see: [www.rillestate.com](http://www.rillestate.com)**

**Nov 23 - Holistic Yoga Day.**

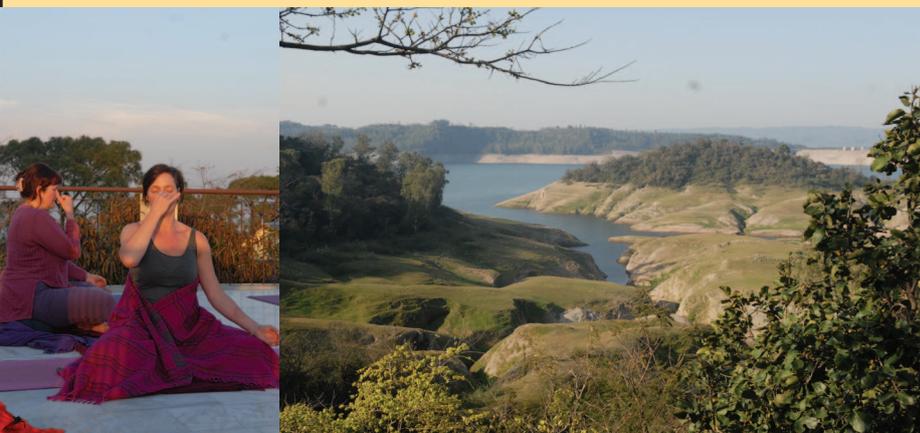
**10am-4:30pm**

**Duncan Hulin**

Including breath kriyas, asana and pranayama.

**Yoga Loft, Plymouth**

**Bookings see: [www.yogaloft.co.uk](http://www.yogaloft.co.uk)**



# Headstand – Facing the fear

By Jo Halford

Headstands have always scared me. During my teacher training course, the thought of head and handstands would have me dissolved into tears. I am terrified of hurting my neck. For some reason, physically and emotionally, it feels like a weak spot. My yoga partner once asked me if I had ever been hit around the head. 'Probably' was the answer. Maybe that it is it. Or maybe it is the result of a hurting myself whilst attempting the pose, several years before I had the core strength or the ability. I have avoided it ever since.

However now I practice the Ashtanga Primary series, I cannot avoid it or ignore it anymore. It is there...every time.

So I decided to try and overcome my fear. But how should I do this? In the middle of the room felt too scary. Against a wall I always seemed to overbalance, relying on the support that was there instead of my own strength.

Fear does make you sit back and think. What am I afraid of? Getting hurt? ...this would only be temporary, injuries heal. Looking an idiot? I do that all of the time. Failing? Not being good enough? As always, there are lots of parallels with life off the mat.

It was on a weekend with David Sye that things changed. One of the first things he talked about was that the fact that we all 'f\*\*k' up. All of us, and guess what...it's ok! How wonderful I thought, I am always doing that. Watching one of my fellow students falling out of headstand beautifully into Ardha-Chakrasana helped me realise what I needed to do to combat my fear. Learn how to fall without getting badly hurt. Learn how to get out of something safely. There are those parallels again.

So I started practicing forward rolls, like a child in a PE class. First on their own. Then after resting my knees on my elbows in tripod. Finally, eventually, lifting my legs straight up, before folding into a (fairly) graceful and safe forward roll. I think I can actually do it!

Thank you David Sye, and also my yoga partner Andrea for not being too disconcerted by all of this rolling around whilst she is in a beautiful headstand taking 10 deep breaths.



# Salt Water Yogis

By Aimee Stapleford



Newquay is widely known as the surf capital of the UK for over 40 years, with surfers flocking from all over to work our local waves. The waves and publicity have pulled many pro surfers to the area and a handful to our small yoga studio sitting just off South Fistral Beach. With this boom in surfing comes the unfortunate rise of surf related injury, repetitive strain, rotator cuff, neck and especially lumbar spine irritations and the need for yoga therapy.

## Surfers Injuries and asana practice

As part of my research into surfers therapy techniques I called on a collaboration of student feedback and my own experience of surfing to build sequences to aid the recovery as well as work on building stamina for all who enjoy the sport.

I tried many asana routines myself and with my partner (who I presume was a fish in his past life!) and came to the conclusion that a practice before/after surf should primarily involve balances such as Garudasana which would bring focus, stability and opening for the shoulders, hips and upper back, standing asana such as Virabhradasana II and Uttkatasana for building strength and power for the deep bottom turns needed for maneuvering along the face of a wave.

Other beneficial practice would include arm balances, abdominal strengthening asana and twists. Shoulder and arm freeing postures such as Gomukhasana and training the back with Bhujangasana to build strength to support the continual amount of lumbar spine compression that reoccurs due to paddling and popping up from prone position.

Working with pranayama and asana such as Setu Bandasana, would be ideal for not only stretching out the chest, spine and hips but would also open up the chest muscles to stop any limitation to lung capacity aid-

ing breath retention whilst duck diving (technique of travelling under waves) and having to hold the breath for long periods of time when being held under.

## The surf-spiritual connection

Working one to one with real, grounded surfers is a humbling experience due to the fact they already had an appreciation for a nature and a strong respect and connection with their watery world. I found it really lovely to speak with these salt water yogis about their spiritual connection to the water and the purity of their sport.

Surfing really is a therapy in itself, that first moment you jump in and a huge wall of white water come towards you and you dive underneath, that first drenching of the oceans energy seems to cleanse your soul.

When you get outback and your bobbing on the surface looking for your next set I am reminded of the metaphor 'life is like an ocean, it can be bumpy, choppy, even stormy on the surface but if you dive deep you'll soon find the silence, the calm, the peace. Fellow surfers and ocean swimmers agree that coming out of the water, is like being hit with a restart button. These experiences are what I have invite surfers to bring into their meditations.

**“Grounded surfers have an appreciation for a nature and a strong respect and connection with their watery world.”**

Aimee runs a small yoga studio at the Pentire end of Newquay in Cornwall UK [www.synergyyoga.co.uk](http://www.synergyyoga.co.uk)

click onto [www.devonyogafestival.co.uk](http://www.devonyogafestival.co.uk)



# A new yoga venue in Devon



## Clouds violets & moons

A yoga inspired poem by a current DSY TTC Student

### Clouds

*Dreamy floaty beauty  
everchanging unanchored peaceful nonaggressive  
a rainbow of colours  
streaked across the backdrop of our lives  
a reminder of the abstract wild nature of the manifest  
world*

### Violets

*A celebration of God's garden  
Colourful gentle fragrant blossoms  
An unconditional explosion of scent colour  
An expression of purity beauty love*

### Moons

*Light  
Shining the light of another  
Unconditional flowing everchanging  
Humble  
A quiet celebration of another's glory  
Never is all revealed, light or source  
Yet always it is*

### Wow

*Creation  
How could this experience ever become  
mundane or dull  
Only when it is related directly to this form  
When the smallest of dramas become problems  
through identification  
through claiming anything as I me mine  
drop it all  
past present future  
ownership rejection opinion*

*and be be that cloud – everchanging unanchored  
peaceful abstract wild*

*be that violet – a celebration of purity beauty love*

*be that moon – shining light, unconditionally, flowing,  
humble*

Dear Devon School of Yoga,

We wanted to share our charitable Yoga Therapy venture with you and your community.

We would like to hear from any practitioners who would be interested in getting involved with our endeavour, either in a one-to-one Yoga Therapy for Adults format, or in other creative ways that are aligned to our goals.

Please contact Rose 07740870374 [www.kushyoga.org](http://www.kushyoga.org)

## Our Vision

Kush Yoga centre brings together our vision of yoga: A therapeutic practice available for everyone, and a community space that embraces integrity, commitment, inclusivity, and generosity.

## Yoga Therapy

Offering yoga therapy to children and young people with special needs on donation is at the heart of what we do. We also offer dynamic yoga classes for vitality and strength, and fun classes for Kids and Teens. Everybody who comes to practice at Kush Yoga has an opportunity to contribute toward Special Yoga Therapy.

## Healthy Bodies Happy Minds

We believe in healthy bodies and happy minds, and practice yoga to realise this balance. We are here to share this, and aim to create vitality and meaning in the lives of people who come to practice at Kush Yoga.





# A few thoughts about Basunti

by Helen Humble

**Basunti, Basunti...** the name makes me sigh with contentment and were I a cat, I would purr! It would be easy for me to write 300 words about how beautiful, peaceful, stunning and panoramic it was, but for me, the experience was deeper and longer lasting than a 'holiday abroad', albeit with some rather cracking yoga!

I arrived at Heathrow airport very stressed, emotionally exhausted, having tried to hold together a negative NHS team throughout a very difficult winter. It had been 6 months since my last break from work. I had an uncomfortable ovarian cyst, was hooked on Double Coca Mochas and sugar. Would I cope 2 weeks without my 'props'?

The flight was a bumpy one, the pilot navigating a lot of turbulence, ending with the most perfect landing. I had been looking forward to the retreat but was almost too tired to become excited about it. I knew that it would be beautiful but nothing prepared me for the reality of the experience. We arrived at dusk after 24 hours of travelling, tired, aching and hungry.

Dave (Basunti's owner) and his team greeted us with warmth and a genuine concern for our comfort. A quick settle into the room and it was time for supper. The contrast of airline food and that first meal was unbelievable....fresh, full of prana and prepared with love....it was all there.

The storm had followed us to Basunti and that night we were treated to the most exhilarating display of lightning and accompanying thunder and wind.

From then the experience just got better and better. The stormy weather blew away to reveal the Himalayas in their glory, white peaks touching the sky. The birds began to sing....I have a particular fondness for the 'tweet tweet' bird.

The mornings started with meditation on the roof-top with sunrise followed by kriyas and stretches. Something began to change deep inside me. I had discovered the power of kriyas. Energy started to move and shift at a deeper level than simply doing a yoga class. The evening classes (also on the rooftop for sunset) ended with a deep pranayama practice, this too having a profound effect, each day going

deeper and deeper. I felt like an onion peeling away layers of crap and energetic stagnation. The daytime classes were held in the thatched circular yoga shala complete with its own moat and large dancing Shiva at the entrance. This sense of energetic cleansing cumulated in the second week with a massive 'shift'. Whilst the rest of the group were blissed out during a deep yoga nidra session, I was very uncomfortable as a rush of stagnated liver energy suddenly moved, making me agitated and almost nauseous as the energy flowed. That night I realised that the ovarian cyst had gone and my body felt at peace with itself and my mind settled. I realised too, that I had not missed the sugar, chocolate nor double coca mochas.

The group was very special....usually in this situation there is some undercurrent of group dynamics. I can honestly say that all of the group were loving, kind, thoughtful and a wonderful mix of beautiful women, an inspirational young man and two thoroughly decent chaps. People who I was very pleased to share this special fortnight with. Duncan and Andrea are partners in every sense of the word, both as yoga teachers and bringing together a beautiful energy that is awesome to observe.

Back home, as the realities of life make themselves known, I seem to have retained a sense of peace and grounding. Every morning I do my kriyas, and every evening pranayama. I have had no hot flushes or menopausal symptoms since my return. I feel no stress, despite being back in the same challenging situation. The healing of the Basunti experience continues and flows within me.

I feel inspired, well and at peace. Basunti is not just 3000 miles away, I brought a little bit back - inside me.