

What is yoga?

Before I started my yoga training, I had a different mindset about yoga. Honestly speaking, I thought it was an exercise for non-active individual to pass time. I joined few yoga classes at Kokomo Private island lead by Lea Chin but I didn't really understood what it was, I was too shy to ask, I was too afraid to fall back as senior spa therapist so I pretended that I understood everything and just went with the flow.

To be given this wonderful opportunity by Kokomo Private Island and be trained by the famous, amazing Leanne Hembrow of Namaste Ocean Yoga, has helped me a lot physically, mentally and emotionally. Really I am grateful for all that I have learnt, academically about yoga, anatomy, poses to words being used when guiding a practice and so on and so forth. The most amazing part of yoga for me personally is how I connected easily and helped me let go!

My life story has been a roller-coaster, lots of ups and downs, sad memories from childhood to adulthood that I tend to revisit every now and then. I was a shy person, ashamed of the past and I had trust issues that I tend to burry everything deep down inside afraid of what people would think of me and one day it may be use against me, so I wore this face that says I'm alright, don't mess with me.

During my training, my favourite are the meditations. From the day started my training with Ms Leanne, I was finding it very difficult to concentrate, to connect, to feel and picture things from the heart. After few classes and mediations, Ms Leanne cracked me open like an egg shell. With tears rolling down my face, I get to open up and share my life story. Even though I haven't meet her in person but she made me feel like I have known her forever, I felt that trust with her. She made me feel welcomed, confident, smart and worth it, feeling I wasn't being judged at all. She helped me let go of my past. Ms Leanne didn't only teach me yoga, she also taught me how to be grateful, carry my load, build myself with my past that is there is always a happiness in every struggle, to be a better person and mother, to believe in myself and to appreciate life even though it's not how you planned it.

If anyone asks me about my yoga, I would proudly say, I was trained by Ms Leanne Hembrow. She is a wonderful and amazing teacher inside and out. So humble and kind with a big heart. I could have gotten my training from any teacher but I was lucky enough to get trained by Ms Leanne. Not only she is certified, she does everything whole heartedly. When I'm falling back, she has so much patience and guide me to understand, when I'm not myself and sometimes drift during classes, she knows me very well that she would make jokes so I could laugh knowing how I'm feeling, when I'm facing difficulties, thinking of giving up, she's always there to motivate me with words of encouragement, pushing and praising me with what I have accomplished in a day. Everything she teaches is effective and efficient and there is other word I could say to show how grateful I am for having her as a teacher, as trainer and a friend.

Vinaka Vakalevu Ms Leannes. Mo dou Kalougata tiko ena Veisiga kece ni nomudou Bula!

(Thank you so much Ms Leanne. God Bless you, your family and your everyday in life!)

Regards And Sending Love,

Maria Robilivalu Tubuna.

