



You have to have access for [disabled people] to go up. And get ready for the first day, the second, even a week, you won't have much business. That's why I have three months [saved up] already. If I don't have any money for three months, I still can pay all the bills.

Is there anything else you want to share?

The first thing you have to do with the students: get them in good health. Force them to improve their compassion, because that leads to the rest. You get more enthusiasm to ask, "Who am I? What's next?" When a student comes to you, pay attention. Your communication is very important.

Remember, we are not pure enough, we have not achieved anything yet. We're just sharing what we have here. I'm still learning so many things every day. So keep sharing, but don't share too much. Keep your secrets. Share only for those who are ready. Because if you start opening too much, giving, you're losing your energy and you'll be empty. Every year, you may notice you are at a different level. You may notice your students are at different levels. So as you grow, you attract the crowd of people with you.

Last thing — very important: Tell them not to forget to pay.

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LET COMMUNITY BUILD THE SPACE

No healing space comes alive until community enters it. A founder can design the environment, but the energy is shaped by the people who fill it with their laughter, tears, and stories. When you nurture relationships built on trust, consistency, and compassion, a studio or practice evolves from a place of service into a true sanctuary. Every shared breath, every conversation, every return visit becomes part of the invisible web of belonging that holds everyone within it.

ALIGN VALUES AND ENERGY

Communities thrive where values align. Before inviting others in, clarify your core principles; is it love, empathy, professionalism, respect? Communicate them through action. The energy you bring to your work sets the tone for everything that follows. When your behavior models integrity and compassion, you naturally attract people who mirror those same qualities. Resonance is magnetic; authenticity always calls in alignment.

REDEFINE SUCCESS AS CONNECTION

While metrics and numbers have their place, the true measure of a healing space is found in moments of connection. It's in the gentle exhale at the end of class, the gratitude shared between teacher and student, the laughter that fills the room between classes. Community isn't static, it's a living, breathing relationship. When we hold space for others, we are also held in return. This reciprocity is what sustains a practice and keeps the collective energy thriving.

REMEMBER: LOVE IS THE FREQUENCY

In a world that often feels disconnected and overstimulated, creating a space rooted in love is a quiet act of revolution. Healing does not happen in isolation; it happens through co-regulation, through presence, through the shared field of compassion that arises when people gather with intention. The true foundation of any healing space rests in *satya*, or truth; staying aligned with your original intention, your values, and your heart's wisdom, even as the space evolves. From there, the art of *Ishvara Pranidhana*, or surrender, reminds us to trust the organic unfolding of what wishes to grow through us.

When love and truth are the foundation, everything that grows from them becomes a reflection of that frequency; a ripple of coherence that extends far beyond the walls themselves. The most successful healing spaces are not simply beautiful. They are felt. They hum with coherence, resonance, and authenticity. They are living testaments to the truth that love, above all else, heals.

Learn more: saltarahealing.com