

CLIENTS SPEAK

ON YOGA WITH YOLANDA AND BODYWORK AT QUIET MIND:

I am so honored to have the chance to work with Yolanda and to experience her total presence. She has a sixth – or even a seventh sense about her. She knows how to immediately tune into my body and soul. Yolanda has a profound effect on me.

BM, Oakland Ca –Bodywork client

I notice a difference in range of motion, I'm moving in a way that feels right, and it's been easier to listen to my intuition...it's been a while since I've felt so emotionally connected. Then, after I processed my work with Yolanda, I had a sudden inspiration for a new performance series, and it's been a huge success!

JF, Berkeley Ca – Bodywork client

I feel more freedom to draw and play now – to give that part of me more voice.

BP, Central Valley – Yoga instructor; Bodywork & Heart Centered Therapy client

I'm in a new place, and have experienced a full range of emotions immediately. The main work is actually seeing the lie in my "accommodating nature"...how I give up my truth to try to be who I "should"...and I'm changing that!

MD, Central Valley – Heart Centered Therapy client

I came to Yolanda after being in chronic pain for over 15 years. Relentless headaches and neckaches left me often unable to keep my head up at all. When the pain subsided in intensity, she moved on to heal other aspects affecting my full health. I am now more or less pain free.

Yolanda's gift for intuiting pain, healing its source at deep levels, and her caring soul have put me on a new path of life where I can open up and run toward new experiences with energy I thought I would never have again.

AR, San Jose Ca – Bodywork client

When I started yoga, Yolanda knew exactly how to work with me. She is masterful in this regard, challenging each person in a way that supports rapid progress while respecting who they are.

LP, Oakland Ca – Yoga instructor, Bodywork and HCT client, chiropractor in training

Since we started doing backbends, I feel taller, and I'm playing with these questions: How much lung capacity can I find? How can I expand my capacity physically, mentally, emotionally, and spiritually? Expanding capacity – such a thing to contemplate!

JA, Oakland Ca - Yoga and Bodywork client

Private appointments:

3966 Piedmont Av Oakland

QUIET MIND HEALING SANCTUARY

(510) 268-9321

quietmind.com

Public Classes in Oakland:

Tues 9:45-11:15am and Fri 5:45-7:15pm at Oakland Yoga Studio 4 Yosemite St \$15

Wed 12:00-1:00 at Piedmont Yoga 3966 Piedmont Av **Yoga for a Cause** – donations fund non-profits working for peace, conservation, & human rights

quietmind.com/cause

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