

## YOLA GARBERS



*"Yoga has always been part of my life as my parents both practiced Hatha Yoga when I was little. Then in 1999 I went to the European Yoga Festival and had my first taste of Kundalini Yoga. I started practicing and did a Level 1 Teacher Training in 2007, the same year I also finished my studies as a contemporary dancer."*

*My parent's upbringing and my experiences as a dancer had taught me to trust in my true self and my body and that giving birth can be an orgasmic event best experienced in privacy. So when I was giving birth to my son in 2012 I was shocked to find myself in a hospital due to illogical insurance reasons and being treated like I was ill. I was*

*fine - just everyone else was so extremely stressed. I ended up being treated so violently that I suffered from "post-traumatic stress disorder" and then a depression for several years after the birth.*

*The trauma left imprints in my physical body too and one of the ailments I had to deal with in the last couple of years was "diastasis recti": the top layer of the abdominal muscles were out of alignment. In other words the gap that created space for the growing belly didn't close completely after birth. It is a common problem in woman that are highly sportive and makes it fairly impossible to do most yoga Kriyas or dance professionally.*

*I went to see Osteopaths, Physiotherapists and Great Yoga Teachers, no one really knew how to treat it. Then one day, when I had already given up the hope of ever dancing again, I was introduced to a midwife who knew a manual technique - a very simple yet unbelievable effective and quick method. I travelled to meet her, got treated and now I have access to my strength again! I would like to share this way to bring back together the center line, to close the gap in the belly. The technique was developed by the German physiotherapist and midwife Angela Heller."*