

My lotus breeze

Last 5 years of my life have been hectic and a lot of changes have past in those 5 years. Going from a single city girl to a country-side mom of 2. Being pregnant 2 times in 3 years really exhausted my physical body, I was dealing with instability of the pelvis and chronic backaches. Next to the physical changes also mentally and emotionally I had a difficult period. That is why I decided 1 year ago to start yoga practice with the 8 steps of Patanjali. It gave me some freedom on emotional level but still I could feel the physical blockages.

By fortune I made a trip to Bukarest and my husband suggested that I would take a massage at Sanhira... Of course I did not refuse. Without any expectations I went to Bogdanite street on a sunny wednesday morning. It was Daniela who opened the door for me and welcomed me with a warm embrace. Being at the massage center in the morning sun gave me a really good feeling thanks to the consious decoration giving positive vibes to the settings. For me it was like arriving in heaven and I felt at ease instantly.

Daniela and I discussed about what treatment would fit me best, but since I did not look at the menu I just talked about my physical boundries and the pain it caused me. This session took for about 3hours: re-allignment of my bones, anti-cellulite massage, treatment of emotional blockages and re-programming with some Reiki. Daniela warned me that after this session and all this work she did on me, that my body in the next week could feel different and she asked me for some feedback.

This is my mail with feedback after my first Sanhira experience:

Hello Daniela,

...

Anyway I wanted to give you some feedback about our sesion.

First of all I felt great, releaved and much stronger and flexible.

After the sesion I sometimes had a tingling headacke at the left side of my head above the ear. Now it sometimes appears on the other site. It was always only for about a minute or so.

I also had a pressure at my sternum on the left side, this is now gone. Still it seems to be a heavy area in my body.

And sometimes my feet hurt right below the middle tow, sometimes at the left, sometimes at the right side. but mostly left. it feels like the bones are getting off their place sometimes.

This are all small issues, but I thought it was worthed to give you this feedback.

Emotionally I am much stronger and do not have to cry often anymore.

And sometimes, mostly during yoga practice or meditation, I see the light you told me to visualize.

Good that you remembered me about my "smile" meditation, because I forgot to do it.

I will now see how big a smile my liver has :-)

It is strange but I feel the urge to come back to Romania to do another session with you.

Hope to see you soon,

Namaste,

Vicky

Some days after writing this mail, my husband gave me the news he had to travel again to Bukarest. He tought I would be sad, because he would leave me and the children for some days. Instead I said: "I will join you" and instantly I arranged some babysitting for my kids and 1 week later I was

in the Sanriha massage center again in the careing hands of Daniela. As my last visit, again I was welcomed with a generous heart, we took our time and chatted a bit about our experiences in life the last days. I told Daniela about my meditation on “purity” and what happened to me after my first session with her. Then we – I mean Daniela - started to work again, first with meditation: a heart chakra meditation. I can only tell you this: *when I opened my eyes again my mind was calm and I felt like an energetic bubble of love*. This trip to Bukarest I was at Daniela's place for 2 and a half days full of: meditation, chicon exercices, massages, re-alignment, chakra attonement, lessons about energetic stones and purity and some Reiki initiation.

This time Daniela was able to adjust my spine, which had suffered from my pregnancies.

After I felt featherlight and re-born, emotionaly and physically I felt like I could conquer the world and I was ready to face any obstacle that may appear in my life. I believe this power came from the rejuvenation of my heart, melting down the “cement” around it.

My visits to Sanhira are as a *Lotus Breeze* – named after the delious tea I was offered there.

This experience came in my life like a breeze, blowing me in this direction without forcing, allowing me to sprout as a Lotus-flower.

I wrote this text from my heart and I am very happy to could have shared my story with you. I hope it will inspire more people to visit Sanhira Massage Center, which in fact is more than a massage center, it is a place where we start to build on making the world a better place.

Love,
Namaste,

Vicky