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TESTIMONIAL

This is a testimonial for Osel Nyima of Enlightened Moves.

Your mind and body are one of your most important assets and yet so many people neglect them. This is why it is important to talk to Osel.

We experienced Tibetan Yoga at home for an afternoon session and Osel enlightened us to some amazing strength and relaxation techniques as well as teaching us the ancient histories and origins of the practices.

Osel also delivered two sessions for us as part of a summer school booking via our other business and thoroughly engaged a group of students aged between 10-12. It was absolutely brilliant!

We can also see the benefits of Tibetan Yoga in our daily exercise routine for sport training as well as maintaining flexibility and muscle recovery/strength.

Please speak to Osel to experience these techniques delivered in a relaxing, calm manner.

Yours sincerely

Julie & Mark Kennedy
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