

Bhumi's Holistic Health Bio

Harriet L Russell (aka Bhumi) is a leader in the field of holistic health, mindfulness, and stress management. For 40 years she has helped demystify Eastern practices for mainstream audiences, moving them to less stress and more mindfulness.

Client Benefits

After working with Harriet, her clients are able to work better together, communicate more clearly, resolve conflicts, and improve body-mind health. Clients include: NASA, Cleveland Clinic doctors, Refugee Response, Cleveland Browns footballers, international corporations, educational institutions.

World Traveller from West to East

Harriet lived in Spain, then travelled Marco Polo's Silk Route overland for 6 months. She was introduced to yoga in Afghanistan in 1975 by a couple from Belgium. She lived in Japan for 8 years, studied aikido martial arts and meditation, and speaks fluent Japanese (MS Linguistics). Returning to the USA, she used stress management techniques while working on Wall Street in New York City and studied Shiatsu Massage with Shizuko Yamamoto.

From Wall Street to Yoga Nun

Successful, yet searching, she changed careers, recognizing her life's work is to share the deep benefits she found from Eastern practices with others.

She lived a monastic lifestyle as a spiritual resident at the ashram of Kripalu Center, the largest holistic health and yoga center in North America. She served as Program Director of Yoga Teacher Training and Bodywork Massotherapy Certification Programs for 8 years. She is Co-creator of the "Moon Salutation". She loves to teach Sanskrit and feel the vibratory impact of this ancient language. Her guru gave her the Sanskrit initiation name Bhumi, meaning Mother Earth, which can be used appropriately as the acronym B.H.U.M.I. - Be Healthy Under My Instruction.

Back to Ohio Roots

Bhumi is a pioneer. She launched Ohio's first yoga and wellness center in 1992 and the first Yoga Teacher certification in the Midwest. She introduced yoga classes to physical education programs in schools, and mindfulness in businesses. Over the years, she has certified thousands of teachers. Her trainings and masterminds are an in-depth exploration of the self for which leads to a better understanding of others. Peace within. Peace in the world.

"The World is One Family" *Vasudhaiva Kutumbakam* वसुधैव कुटुम्बकम्