

## Testimony for Samantha Simpson.

By Christian Troiano

I learned a relatively new style of yoga called Bowspring. It changed how I carried myself on and off the Yoga mat. It changed the way I walk, and stand, and compelled me to be mindful of every movement of my body. Therefore, it helped me instill focus and awareness of my environment and brought me closer to nature. Also, it brought me closer to people and it made me consciousness of how I present myself to others. It connected me to my mind and body equally to help heal my soul.

Not only did she brought Bowspring Yoga into my life, she brought new ideas and better ways to combat negative thought patterns. I learned how to control rumination, which was a game changer in my life. By practicing that, my mind has been flowing more smoothly and I gained an authority over thoughts that would stifle me in my personal growth. I learned the concept of tacting my feelings, and come to terms with anxiety, rather than absorb and repressing it. The benefits of this new mind hacking, for lack of a better phrase, is that I am more productive in my day to day life and take the steps to move toward bigger and better things. It allowed the positive energy, with the help of Bowspring, to flow through my body and mind and attract more of what I want out of life and welcome new possibilities for my future.

These things have are new foundations in my life and It would not have been possible If I have never met Samantha Simpson and surrendered myself to her tutelage. I believe she has some much to offer to those who are friends and potential clients. For those who are tentative about her fee, I ask this "If she can change your life and the way you look at it and the world, and offer the quickest route from who you are today, to the person you can be tomorrow, would it be worth it? Once you become the self-actualized you can be thirty years from now and looking back at the price it you had to pay years before, would it even matter? Contemplate these questions when arriving at a moment of doubt and then take the step with Samantha to a greater future for yourself and then you will be able to write a testimony like this one, so it can change one's life for the better.