

## Renee Sunbird

Renee was born 1981 in Graz.

1996 she learned about yoga from her father.

Driven by the search for inner happiness and peace of mind, she started studying philosophy and Indology (Sanskrit) at the University of Vienna.

While she found everything very interesting at the University, she missed the practical part of all the theory, and soon started a regular Yoga practice.

Finally, she went to India in 2003 to deepen her practice.

In 2004 Renee went on a Yoga retreat and connected with her nowadays husband Boris Georgiev. They both had the feeling to have found their soulmate. Two years later they got married.

Still, Renée's quest was not over. Often the Yoga practice left her in tears, and she was feeling as if she couldn't solve it with the Yoga practice itself.

That's how she found art therapy (by Erwin Bakowsky) and immediately felt at home. Buddhistic meditation techniques were used to connect to inner images, which then were painted, or crafted, and then resolved by various psychological techniques, family constellation work being just one of them.

Renee found another key to inner peace when she met two stunning healers in Brazil (Joao de Deus and Valentim). There she realized that Everything is possible, and that Miracles really happen.

When Renee got pregnant with her first child, she did the Spiraldynamik Basic Course and it helped her to get alignment and understand more about the anatomy of her body.

All of these beautiful experiences enabled Renee to have a beautiful and memorable home birth of her daughter Kaiya in 2011.

In 2014 she experienced a unique Lotus birth of her daughter Yuki. Lotus birth does not mean that she gave birth sitting in Lotus 😊 In Lotus birth you

refrain from cutting the umbilical cord. Instead you take care of the placenta and wait until the cord detaches in its own time.

Since 2009 she leads Kirtans together with her husband Boris, where beautiful, powerful songs touch the heart.

In 2015 she released her first album „Jay Maa“ which was produced by the renowned Thomas Barquee.

The most important teacher: her husband Boris Georgiev, her daughters Kaiya and Yuki, Swami Giorgio Nirvanananda and Venkatesh and Hema in India.

*Yoga means to enjoy what is and to be free, in all our situations and circumstances.*