

**SOYA RYT200 Hour Teacher Training Immersions
Held in CALGARY, ALBERTA**

“I liked having a variety of teachers, getting to see all the different styles of teaching. I also loved how in depth the spiritual side of yoga was explored. You all gave us such an inspiration, and opened us up on an emotional level that I definitely didn’t expect to get at all.”

“Keep being as wonderful as you are and bring the joy of yoga into future student’s lives with your light and wonderful smile, just as you did with me!”



“The teachers are all so full of knowledge and wisdom. I really appreciated all three teachers. The education was exceptional. All three are amazing! I strive to be like you all and carry your wisdom. Thank you.”

“I loved the best all the wonderful teachers and the varieties of yoga they taught us. Knowledge of yoga is yoga is yoga! Thank you so much for this beautiful opportunity! It has truly changed my life in so many ways.”

“I loved the teachers! It was very nice to have a variety of teachers. I learned so many different things from each of them, and learned that not everyone teaches the same (or even the same things). I also feel that I am coming out of this prepared to begin teaching. The practical parts of the program gave me a chance to develop my confidence as well as beginning to find my style of yoga. My education has been rounded nicely with the philosophy portion so I feel that I understand what yoga is. I feel honored to have been taught by all of you. Your love of people and yoga shine through in all you do! Thank you!!!”





“The teachers are amazing. I learned so much and not just about yoga postures. This was a life-changing experience. There are no words to describe what an amazing person Mugs is with her insight and warmth makes this program so wonderful!”

“I loved the variety and the opportunity to learn from different teachers. The philosophy discussions and how we can learn to incorporate these teachings in our lives including yoga nidra, meditation, breathing... all of it!”

“The days are long but very worthwhile! You do everything in your power to ensure our success! This is a quality program, not a cookie-cutter type. There is a lot of substance here. I learned and have grown so much! Thank you!”

“I learned so much and more! I loved meeting everyone and hearing their stories, how they cope with things and getting to know them, and how yoga is integrated into their lives. I loved feeling like I was with like-minded people, so I could be free to be myself. I felt safe to be me. Thank you! Peace and love.”

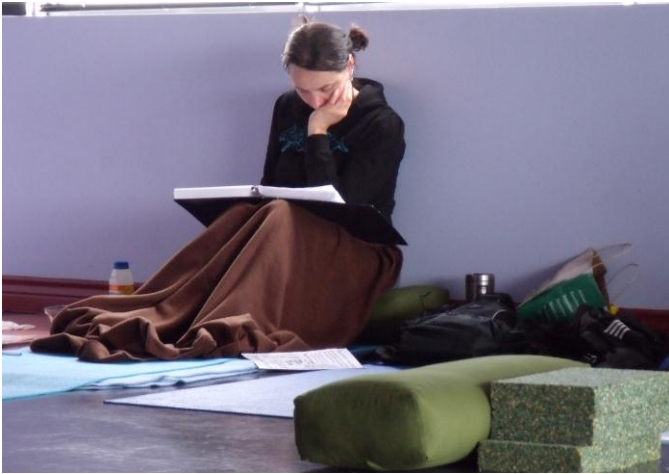


“I enjoyed the lay out of the day with multiple body breaks with our practices. I never found it to be a long day.”

“The planning, organizing, attention to detail, care and concern, love and devotion, discipline, teachers, studio, students... FIVE STARS! I also loved how much philosophy was incorporated, as well as all the 8 limbs... not just hatha.”

“I will always recommend SOYA. Words cannot express my gratitude for what the teachers have provided. I am so full of goodness and have gained tools to further my journey. “

“All the discussions really helped with the philosophy. I really enjoyed having all three different teachers as well. I was overwhelmed at first with the spiritual aspect, but it has helped me understand and connect with myself and I am very grateful I participated in this program.”



“This experience provided four knowledgeable, caring and truly amazing instructors who each shared their perspectives and lives of yoga, allowing us to choose our own paths and follow our own hearts. The immense knowledge of yoga and life I attained was more than I ever dreamed of. Many thanks.”

“I now have tools that will help me to have a sattvic state of mind more of the time as I meet the challenges life brings.”



“The support, encouragement and sense of belonging was unbelievable. I was amazed at the amount of knowledge I absorbed. The teachers were amazing! The support lifted me and carried me beyond apprehension and into confidence.”



"The teachers did so well at making students comfortable with the philosophy and teaching as if it is scaffolded throughout the two weeks."

"Wouldn't change a thing! Beyond any expectations I had. Has made me a better person and not just a yoga teacher."

"Our group is so wonderful, it makes me sad the two weeks are over."



THE WONDERFUL GRADUATES OF THE PROGRAM!



2009

2010



2011

