

## Penticton Extended Teacher Training Program Student Feedback and Photos

"When I first started the SOYA training in stunning Summerland (the drive alone from the south or the north along the only highway is among the most beautiful drives in the world) I was welcomed with open arms. Despite having come from a different yoga lineage and perspective, I was able to participate with the teachers and students freely, and felt like I could contribute in my own unique way without threatening the group or being held back. This was an immense relief, and I came to look forward to, thrive and love meeting up with my fellow aspirants on a monthly basis. I often wished we could have studied together for months at a time, and my relationships with my fellow yogis even though I've moved East. "



"SOYA Teachers are so open and willing to share on the yogic path. From any tradition to no particular tradition, I would highly encourage you to experience the program of SOYA, that is gaining international reputation. My prayers and heartfelt thanks go to all in the SOYA program, and for all future students who wish to engage in this program. Loka Samasta Sukhino Bhavantu - May the Whole World Attain Peace and Harmony, Om Shanti. "



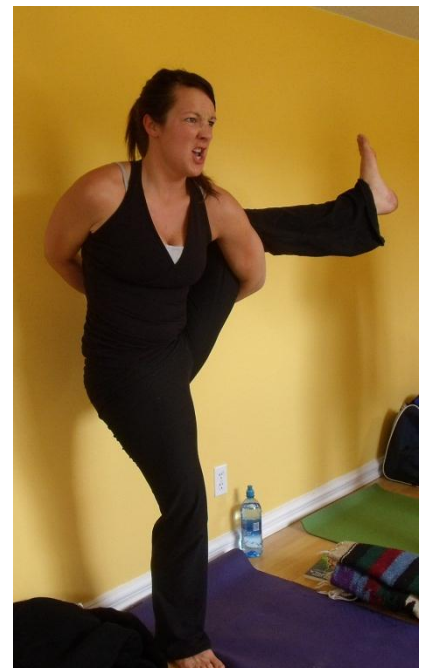
"I liked how the learnings reach so much further than the Hatha Yoga class we are trained to teach. I feel confident that the knowledge I have gained will help others. Overall I feel humbled and honored that the universe has once again provided a golden opportunity for tremendous learning in fulfilling my own potential growth as a human."

"I began my S.O.Y.A. training eighteen months ago. I enjoy it very much. It nicely compliments my huge interest in all forms of Yoga. I love my study of the textbooks recommended such as the Upanishads, Bhagavad Gita and the Hatha Yoga Pradipika. This is priceless material for the serious yoga enthusiast to study and absorb. As well, I am highly motivated now to complete my certification and to teach yoga to others. Already, I am offering a beginner's meditation class and one to one instruction in yoga postures. This is a wonderful course thanks to Marion, Dariel, and the others whom have made it possible for me to go deep into the ancient teachings of Yoga!!"



"This program worked well for me as I work full time and have a family. I enjoyed opening my mind to new ideas and the opportunity to discuss potentially controversial ideas in a very accepting and safe environment, with people who were just as interested as myself. The yoga program has really assisted me in clarifying my own spiritual ideas, which makes me feel more whole as I continue to grow."

"When I first came to SOYA's teacher training I had no idea it would come to this! I am so glad! Experiencing my own unfolding as I brought the yoga philosophical ideas and applied it to my hatha yoga practice and daily life in society has been one of the most uplifting experiences of my life! The philosophy studies were wonderful, more than I could have imagined. I also appreciated the support beginning, throughout, and still continuing for my actual teaching. What wonderful and motivated teachers! Thank you."





"I just wanted to compliment you on a wonderfully planned and presented class this Sunday. Of course all of the classes I have attended have been great- but I just wanted to express my gratitude and appreciation. You are all moving me in such beautiful ways to develop and explore the life of yoga. All the information with lesson plans and modifications is extremely helpful, and sharing your own stories with me helps me soften to my guide within - knowing that my "yoga" will continue to bloom as it should in its own time. I apologize to you all for all the questions I ask- I seem to have a forever flow of curiosity and desire to know as much as I can grasp about the entire process."

"Since I have begun teaching (in a very light and safe atmosphere) all the things you are talking about take on so much more meaning for me- and thus bring on more questions. Thanks for being so patient, understanding and helpful. You all are operating such a quality organization and I am so honored to be a part of it.



"At first I thought the training was too long, but in retrospect I realized it took me the full 2 years to **absorb** both the theory and the physical aspect of yoga. I haven't finished absorbing, by the way."



"I always felt a warm, welcoming atmosphere when I attended meetings and always felt I could ask any questions at any time. I think it is great that even though I am finished the course, I am still welcome to attend meetings and workshops, and will have a source to turn to when I have questions along my journey. This course has changed my life more than I could have ever imagined and it is just the beginning... "

"Hope this does not sound too sappy- but it really is coming from the heart and I wanted to share it with you. Thanks for shining your lights upon the WORLD!"