

SOYA Teacher Training in Melaque, Mexico!

Feedback and Photos

“It was really special to be able to practice our yoga outdoors watching the sunrise, seeing the birds flock over the lagoon, viewing the hills and volcano in the distance. Our meditation incorporated the sounds of children and dogs and roosters and the gas truck and the water man and the tortilla seller. Our gayatri mantra never failed to invoke the sun breaking through the clouds and even a little black bird that came to join us one day. Our group just bonded and shared so many moments of revelation, triumphs, and insights; laughter as well as a few tears. We had fun on the beach on our afternoon off and discovered that we are all dancers! We got to know some beautiful local yogis who joined us for our practice. And we had the most amazing teachers who guided us, loved and supported us on our journey. And so much more.....”

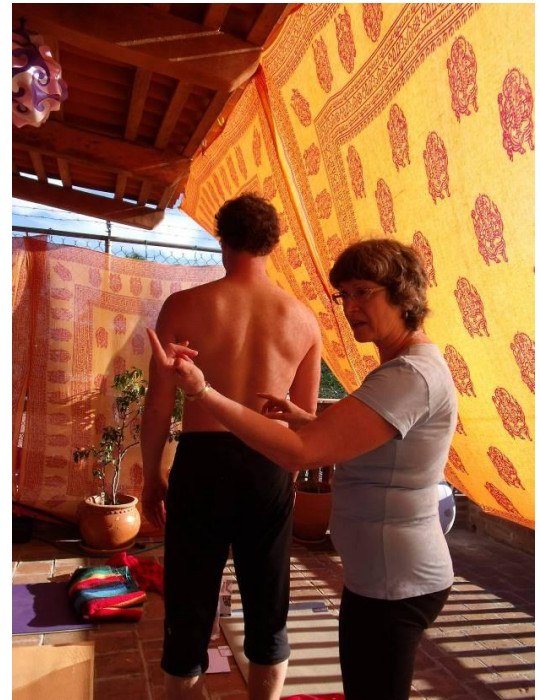


“The Teacher Training totally exceeded my expectations. I really had no idea that the experience would be as profound in terms of personal growth through yoga. Many new layers of what yoga is were peeled back during the two weeks to reveal an amazing apparatus of life that can only serve to further enrich my life. Of course somewhere within myself I always knew that what I had exposure too during the two weeks existed and that I had the power and strength within me to tap into it and that would explain why I ended up there. The teaching was so amazing in terms of presenting what is there, allowing us as students to explore what we were comfortable with and making us feel incredibly respected throughout the process. Many blessings and appreciation to you, Carla and Bob for creating a wonderful environment for all us to laugh, grow, chant, meditate, trip out to my third eye and chakras (wow-totally awesome!), relax, cry, be challenged, understand and learn. Muchas Gracias.”

“Thank you Mugs and Carla. I don't yet know how this experience will impact me over the next days, months and years but I do know that it was profound and I look forward to how the future will unfold.”

“Thank you so much for the wonderful opportunity to be part of SOYA and to spend that magnificent time with you, Mugs, and all the beautiful ones at the teacher training. I enjoyed it so much.”

“Mugs, your skill, knowledge, love of what you do, perfectionism, professionalism and proficiency at the asanas, mudras, mantras and philosophy is a wonder to behold. I am so impressed by you! My heart is blissing out at the thought of all of the many people that you are helping to evolve into Yoga. Warmest Hugs and Oceans of Love”



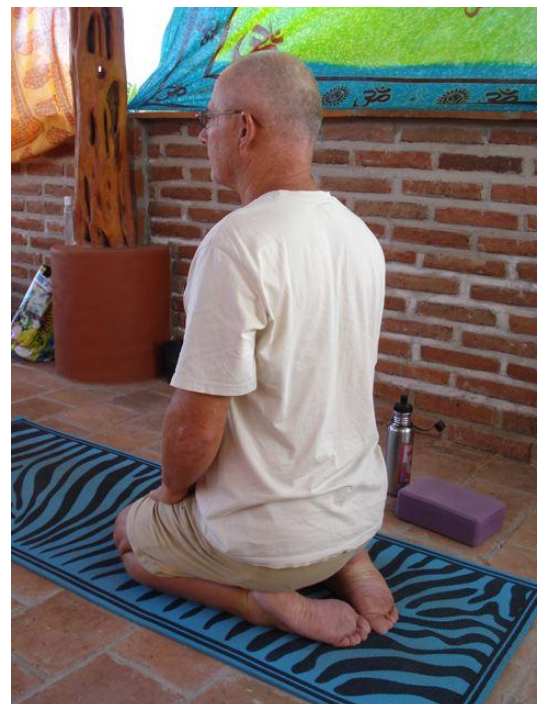
“The combined intensive philosophy and asana work was spectacular for me, not only was I learning to be a teacher through my mind and body but I experienced all it had to offer. It was so great in every sense!”

“It was very special to learn from these two teachers... Mugs' wisdom is vast and her child like Namaste and smile melted my heart. Carla is a good balance for Mugs and her proficiency at asanas, and her enthusiasm was lovely.”



“Keep this program as it is with the same love, knowledge, wisdom, devotion and zest! It is felt and very appreciated by the students. We all feel very fortunate to be a part of this journey and experience.”

“I love the small group, location, outdoor space, everything! Inviting others to enjoy a Sadhana retreat was great! Wonderful teachers and the balance between them is good! It was well organized, professional; we were cared for... it’s been fantastic!”





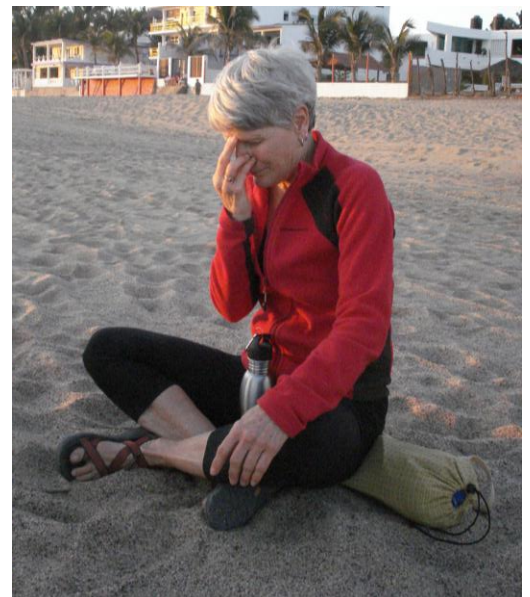
“I loved the pace of learning. The instructors, Carla and Mugs, you are the best and I hope to stay in touch along the rest of my journey – what an inspiration you are!”



“I thoroughly enjoyed the philosophy study – the Bhagavad Gita and the Sutras. I am really excited to learn more about the obvious similarities amongst the major (and not so major) world religions and spiritual practices. The sounds, symbols, pronunciation, identifying common root words in use in other languages today – so interesting!”

“I liked the energy and dedication of the teachers, their deep extensive knowledge of an experience in what they were teaching.”

“I have really firmed up my own practice and abilities and learned some wonderful and important info to share in classes to come!”



“Loved the instructors, Mugs and Carla. Appreciated the warmth and encouragement throughout the process. Thanks for everything. Would highly recommend to others!”

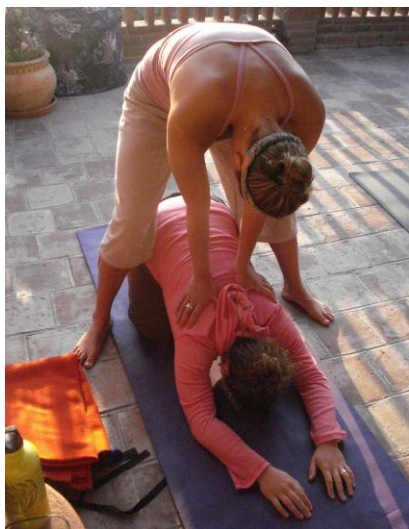
“I liked that it was in a condensed period of time. I loved the discussions and the variety of instructors we had lead the classes to experience other forms and styles of yoga.”

“What an amazing 2 weeks! Truly transformative. I am so so grateful to Mugs and Bob for use of their home and hospitality, and to Carla and Mugs for the amazing instruction and support. The emotional support along the way was greatly appreciated.”



“What a life-changing experience. I have learned more in 2 weeks than I think I retained from 4.5 years of university. I am truly, truly blessed to have learned from you both. I really, really hope to stay connected with you.”

“Excellent teaching skills. I thoroughly enjoyed my time here in this wonderful program. Thanks so much for the opportunity to join you here!”



“LOVED IT!!!”



“This is a great program and I have learned an incredible amount of things about myself. I now feel I have a good beginning to my own yoga program. I liked the practice 2 times a day. I liked the discussions that ensued with the Patanjali and Bhagavad Gita studies. They were very inspiring and from this I do feel a real connection with yoga.”

GRADUATION!



2010



2011