

Student Feedback from the SOYA Distance Training Program



"The way i think about things and approach things in my life is completely different now. "Wow, i feel like a completely different person since i started on this journey. Funny, as i went along and did the studies, i felt like i was learning interesting stuff, but did not realize how much it was changing me. The way i think about things and approach things in my life is completely different now. For example, being here in Norway used to get occasionally a bit scary, being so far from "home" and family etc...but now i have this reassuring feeling that everything really IS connected (as i'd always sort of suspected but never really had confirmed before) and that i'm really not far from "home" ever. For me, all i need to do now is envision that lotus of the heart, and it reassures me. In fact, i've decided to call my yoga program here "Lotus Hjerte Yoga" which translates of course to Lotus Heart Yoga. I find myself making different choices of how to react to things and approach things, based on the learning i've done through this program. As we say in Norwegian, "TUSEN TAKK!" which means "a thousand thanks" for all the help and guidance!"

"Thanks for sending the document on professionalism, just reading that has improved my teaching! I'm getting better feedback and responses from my classes than ever before! and I'm more and more excited about the practice and teaching of yoga. THANK YOU! "

"The extended length of time that the program requires allows one to gain a thorough foundation in the philosophies and to incorporate them into everyday life at a slow, steady pace. Being able to complete this program by correspondence over time is also a good option for those of us who have young children. I loved studying the philosophies, the opportunity to choose my own direction, the fact that I am able to fit this program into my life rather than having to leave home to study and then be faced with the dilemma of how to incorporate that which I have learned into my life."



"Dobre Den Mugs! I still have many questions and concerns regarding yoga so do not be surprised when something pops up in your email from me. I know I will stay in communication with you, for you are an anchor for me. I have been greatly surprised and blessed over the past two years by all the advice, thoughts and encouragement you have sent my way. I soaked it all up with gratitude and appreciated the time you took to answer my detailed questions and concerns. I truly look forward to meeting the spirit who has guided me along in the training program – a significant step in my yoga journey."



"This was a very satisfying course for me. It fit very well and filled in a lot of blank spots in my own personal beliefs. It answered a lot of questions, and it seemed to make life more complete for me. The program itself was very well presented and supported by SOYA. I would recommend it to anyone that is interested in yoga."

"I liked working at my own pace. When I had more time I was quicker on the lessons but when I needed more time, I could slow down a little. There were times I was pushed to do parts of the course I didn't think I was ready for, which was always something that I needed and am thankful for."