

**SOYA RYT200 Hour Teacher Training Immersion
Held in CRESTON, BC (Wynndel Community Hall)**

“I can't believe how much I learned about myself! Truly life changing.”

“The teachers are fantastic, openhearted, and inspiring. Can't wait to do the 300 hour upgrade!”

“I liked the knowledge we learned and the wonderful teachers as well as the students.”



“Every beautiful experience we all shared during the study, pranayama, meditation, chanting and asanas was great! You run it so well!”

“Two weeks is great to keep it fresh and I could not ask for better. This was an awesome experience!”

“It was so interesting doing the philosophy and really learning about the roots of yoga.”

“It was great to have the different teachers to see different teaching styles and different ideas.”

“Every day was new and interesting, and we can leave here full of new knowledge to incorporate into our lives.”



“I loved the mantras, mudras, and meditations. The connections that this couple of weeks has created are beautiful, between the students and with the teachers.”

“I lived the different types of asanas, finding my confidence, and finding contentment within myself! This was one of my best experiences ever with surely the best instructors!”

MORE PHOTOS BELOW...









