

Here is what the wonderful yogis and yoginis have to say about the 2010 SOYA Retreat with Yoga Master Rod Stryker:



Thanks for such a great weekend! I really enjoyed myself - great energy and people.

Thanks again for a great weekend of yoga. We enjoyed hearing Rod's experience of yoga and his teachings of the Tantric tradition. You two do such a great job of organizing and offering these events, we thank you. We are planning on next year too!

Many thanks again for a wonderful weekend with Rod. So fantastic to have him right here in the valley.

I had a wonderful time at Naramata, learned a lot & it really helped to heal my body after my surgery. It was as if what he taught was at times, was meant just for me. For that I am so grateful.

A special heartfelt thanks to you and yours for the awesome weekend we were all able to experience.

What a wonderful weekend! I had no idea that was what I've been missing. Naramata is such a warm hearted place to be. Rod Stryker has far more experience and depth than I had hoped and I love the influence of all the experiential prana. I'm quite sensitive to the energy so it was really good for me to find someone so experienced in that. Wonderful! And so lovely to meet all the new people and reconnect with the old. Yay yogis! The two of you are quite a pair. Everyone you touch lifts to their highest potential. You truly are "bringers of light". It's remarkable and wonderful. I love you both and look forward to the next time I see you.

Thank you for the best workshop ever ever ever. Please have him back again. For me, the neophyte that I am, his teaching seemed to bring together everything that I have learned from everybody else....It was what I needed to hear or I was ready to hear it. Thanks for all your hard work.

I cannot thank you enough for your efforts at organizing the Rod Stryker workshop. I have longed for this next step in my practice, and am still in awe of the wisdom that was passed onto us there.

Thanks again for such a well organized and wonderful retreat with Rod Stryker, and all your efforts to have a seamless flow! Hopefully your life is returning to a more relaxed flow after all the organizing. I really appreciated the story you read at the end, I have heard similar ones and was surprised at the end that you said it was written by Rod Stryker (probably at least all the 'he' to 'she!').

Once again I wanted to reiterate my appreciation for all your work for the Rod Stryker weekend. I deemed more than I have at this point, been able to articulate. The experience sits in the eternity of my body and is still unfolding. Thank you!!! Thank you!!! Thank you!!!