

**SOYA RYT200 Hour Teacher Training Immersion  
Held in LETHBRIDGE, ALBERTA**

“I thought the teachers were great, open, generous and knowledgeable. They were open and relaxed, yet clear about the parameters.”



“I loved the daily routine of 2 asana practices a day. It was very beneficial to learn early in the program how to teach the postures to each other.”

“The philosophy was great, and the chanting and meditation a bonus!”

“I liked learning new formats and different styles of yoga.”

“Pranayama was wonderful! I found the breathing a revelation for the power/release.”

“I enjoyed the exploration of delicious poses!”

“I liked the intensity and concentration of the program for the level of absorption. Thanks! It was a great 14 days!”

“Very well planned and organized. Very useful and helpful information. This was such a friendly and welcoming atmosphere! I wouldn't change a thing! I loved it!”

“I loved the spiritual aspects of the program; the ideas to use in meditation and how to go about it. Also, I learned how to have my asana practice be spiritual. I will love to use some of the chanting and mantras in my personal practice.”



“This was off the chart! I liked the spiritual and meditation components. I did not come expecting as much focus on these areas, but it showed me so much opportunity for growth and learning for myself personally. I am excited for it!”



“I liked the intensity. I don't think I would have had nearly as deep an experience in evening or weekend classes. The total immersion was a huge benefit.

“Thank you so much for sharing your knowledge and wisdom, and for your kind and gentle spirit.”

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