

What our students are saying:

I learned a lot from this program, and I am very grateful for this opportunity to have taken my yoga knowledge to the next level. I have learned that yoga isn't this militant, strict, right- or-wrong sort of movement. It is a sacred flow that looks and feels different in every body type, an intuitive dance that whimsically plays out on our mats.

The knowledge I gained from this class has made me more confident in myself as a yogi. You taught me to let people and myself explore in their bodies and to have fun. This brought peace into my practice and personal life. Combining the yogic philosophy with the physical asana practice was beautiful and positive.

-- Anne Smith, YTT student, 2021

The various modifications that are available to me and to all yoga practitioners for various yoga poses, which I'm so thrilled to be learning about in our discussions, readings, and shared practices, are benefitting me so much in my own practice, but also while thinking about teaching/sharing yoga with others Yoga IS accessible and available to ALL (which I did know, but sometimes struggled to demonstrate in real life) , and I'm learning so much about how to share it in a way that reveals this accessibility and availability to so many others. I just want to keep learning more and more.... always a student....

-- Jessica Lucas, YTT Student, 2021

The lessons I learned during the student presentations of the yamas and niyamas provided some incredibly deep and insightful interpretations and perspectives that I hadn't fully grasped or thought of in my independent studies. I think, in general, learning from peers who are learning right alongside me and who come from a diverse variety of backgrounds offers lively opportunity to stay open and free of rigidity in the non-linear aspects of yoga and the philosophy that goes along with it.

-- Madeline Gustafson, Yoga Student, 2021

In my yoga practice, my body tells me how I am doing, where I need to focus my attention and what issues are going on that I need to address. The body is communicating my mental and emotional state, and honoring that during yoga now is key to my wellbeing.

--Ashlie Swensrud, YTT student, 2021