

## **PranaShanti Kundalini Yoga Teacher Training Experiences**

The first time that I took a Kundalini yoga class I was awakened to a deep stillness and inner peace that had been missing in my yoga practice. Despite being involved in the fitness industry and having a regular yoga practice, my life was very noisy. Realizing there was something different about Kundalini yoga, I became inspired to take the teacher training at Pranashanti. Throughout the 10 month course, I was challenged, provoked, supported and uplifted.

I developed an appreciation for neutrality which was displayed by my teachers, in particular by Devinder Kaur, whose strong and graceful dignity became an inspiration. The training gave me access to a meditative mindfulness and knowledge of self that I realized I had been searching for. Not only have the teachings intensified my personal practice, but I have also experienced unexpected benefits in various facets of my life - as a personal trainer, a business owner and as a woman. This makes the experience invaluable and in turn, I hope that as a teacher I can pass on the same benefit of the teachings to others.

Harsaran Kaur

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Yoga Teacher Training is not something you should take years to think about. If you have a passion for learning and for yoga and want to share that with others, don't hesitate to take a Yoga Teacher Training program. I still don't know exactly why I embarked on the Yoga Teacher Training journey but I am very pleased that I listened to that little voice inside of me. The program connected me with others who shared my passion for learning and for yoga, taught me finite details of kundalini yoga kriyas and mantras and disciplined me to meditate for 40 days as well as complete the requirements of the program.

My main focus was to try and bring yogic teachings into my work place. Since completing the Yoga Teacher Training program I have made strides towards bringing yogic principles for stress management into the office. I deliver stress management sessions to colleagues, have spoken at several events and started a Wellness Committee. Yoga Teacher Training doesn't just lead you to teach yoga, it exposes you to a healthier path for your life and for those around you. It is well worth the investment and I highly recommend PranaShanti for all your yogic needs including teacher training.

Thank you,  
Tonya Price

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My experience at the Kundalini Yoga Teacher Training program at Pranashanti was one that will forever change my life. I received much more than I bargained for and I have a lot more understanding of yoga and the Kundalini lifestyle as a whole. It has really opened my eyes to what I can endure and how much we can really do when we put our hearts, our minds, and our body to it.

The wonderful people, the amazing teachers, and the new friends both in the course and at Pranashanti, that I came to know along the way have really helped to drive and direct this new path that I am embarking on. They are always there to reach out to and answer any doubts and questions that I have.

I went home with a new sense of what it is like to be centered, inspired, and feeling more alive than ever. Thank you for your gifts, your words, heart and true inspiration. To the new students the best advice I can give and the words that come to mind when I think about this experience is to trust the process, trust yourself, and just chill out!

luv and light, Whitnee (from Brockville)

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How do you energize and balance your mind, body, and spirit? How do you connect with this world, while staying sane through these changing times? How do you keep your physical body strong, flexible, and relaxed? How do we conquer the mind with the breath? How can we rid our self of blocks and fears?

If you have ever wondered about these questions, and if you have ever wanted a life full of love, happiness, and health, then Kundalini Yoga Teacher Training is the answer for you.

! My name is Gurumantra Kaur, aka Josephine Glover. I'm a Kundalini Yoga Instructor in Potsdam, NY. I started my Teacher Training in September 2009, at PranaShanti Yoga Center, in Ottawa, Ontario. I didn't know where life was taking me when I signed up for Teacher Training. I only knew I wanted to learn more about Yoga. This education has enriched my life by allowing me to let go of things that were holding me back, and giving me the tools needed to be stable in an unstable world. The experience and training provided has made me stronger mentally, emotionally, and physically. They say that once you are committed (one of the first steps to happiness and mastery), you start to change your lifestyle, eating habits, and clothing. I have changed all of them since I committed myself to Kundalini Yoga. I have never felt so overcome with love and support from every life force that is close to me. I have grown so much since I started awakening my life with the practice of Kundalini Yoga!

I recommend Kundalini Yoga Teacher Training for anyone who wants to bring wellness and strength into their life, and the lives of those around them. The yoga teacher trainers at PranaShanti Yoga Center are professionals living the yogic lifestyle and sharing their knowledge and passion with grace and strength. They are the best of the best, teaching the same techniques that have been practiced and proven for over 3,000 years. Whether you want to teach yoga or just bring balance to your life, Kundalini Yoga Teacher Training is for you. This isn't a job, or physical workout, it is a life style of wellness, happiness, and strength.

GuruMantra Kaur/Josephine Glover

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