

***PranaShanti* Hatha Yoga Teacher Training Experiences**

"If you are thinking of becoming a Hatha Yoga Teacher I would highly recommend taking the yoga teacher training program with PranaShanti! I completed my training in November of 2010 and I found the course to be very comprehensive and beneficial. The teachers were very friendly and approachable and the training curriculum was very well organized. Each lesson was well planned. This course helped me not only grow as person in my own personal practice, but also prepared me extremely well to teach yoga to others. I learned a lot about teaching principles and techniques, adjustments and alignment in asanas, sequencing, injury prevention, and anatomy and physiology.

I enjoyed my experience very much, especially the 7 day retreat with other like minded people. I think everyone would greatly benefit from taking this teacher training course, as it was a truly a life changing experience for me."

- C.H.

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I went into the training very excited to meet like minded people, to enjoy the beautiful retreat setting, and for self-discovery. I was not disappointed!

The retreat was an amazing bonding experience and chance to experience the yogic lifestyle firsthand. The early morning meditations, the vegetarian diet, learning from one another during the frequent yoga sessions, and the chance to have the attention of four teachers sharing their wisdom with us all week long combined to make it an unforgettable and enriching experience.

Later, at the weekend sessions, I enjoyed the opportunity to take the practice into my daily life. The guest teachers and workshops made the weekends interesting as well as the many styles of yoga learned. This variety allowed us to discover our own personal teaching style. We were able to apply this knowledge when we began to practice in front of our peers and get feedback from one another.

My time since the training ended has felt like an extension yoga teacher training experience. I have kept in touch with many of my peers and we have supported one another by attending each others classes. The community classes at PranaShanti have given me the opportunity to tweek my skills and find my own teaching style. I feel changed by my experience have taken away many gifts that I use in my day to day life outside of the yoga classroom.

Wanda Dyck

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I had the amazing experience of attending the 2010 PranaShanti Modules 1 and 2 Hatha Yoga Teacher Training Program.

The Module 1 week-long, intensive retreat was the perfect deep immersion into greater understanding of self, companionship and yoga practice. It was a very full and challenging week, but the atmosphere of compassionate guidance and kindred spirit made it feel very safe. We got to know each other in a way that happens only with shared life experiences. Retreat setting, accommodation and food were awesome.

The Module 2 weekends at PranaShanti felt like returning to old friends. The knowledge

imparted interactions with teachers and fellow students, the varied yoga styles presented, the assignments and practice teaching situations.....these all built on each other, integrating and expanding over the months. Again, this was full and challenging work, supported with ongoing, safe feedback.

Benefits do not end when the course is finished. PranaShanti has an open and welcoming environment. Ongoing support, encouragement and advice is readily available from teachers and fellow graduates.....served with a nice cup of hot tea! The Sunday community yoga classes offer graduates "real" teaching experience in a well equipped studio.

I would be happy to answer questions from prospective students. You can email me at ralph.cox@sympatico.ca

*Namaste,
Jackie Cox*