

# Yoga Teacher Training Graduates

## Some Testimonials

Entering the doors of Hot Yoga Wellness is like entering into a family full of warmth, laughter and wellness! The teacher training was conducted with the same spirit, giving us such a wonderful foundation of technical knowledge, as well as the philosophical roots of yoga to enrich us as teachers. It was an extremely bonding and amazing experience that I will take into my career as a yoga teacher, and I have created friends and family here that I will take into my personal life for many years to come!

Love  
Stef

*I recently completed the 250 hour teacher training program at HYW and can say without hesitation that this experience has changed my life! The program offers endless inspiration to your spiritual journey in addition to the more technical and physical practice of yoga. I have never felt better - physically or mentally. The connection made between the other teacher trainees in our group was one that cannot be duplicated. The content was interesting and useful, the teachers were well qualified, passionate, and accommodating, and the studio offers a welcome learning environment. For anyone wanting to learn more about yoga, who is in a transitional phase in their life, or who simply wants to add to their current knowledge as a teacher, this is the best program out there."*

**Have a great day!**

**- Anna**

TT was one of the greatest experiences that I have ever had. The people and the teachers were so caring and filled with love. We never held back with our emotions and we always learned how to process our feelings. Every teacher always brought something new to the table and u never wanted to miss out on the new experience. Taking this course helped me learn a lot about my self and how to handle new challenges of the mat In a much more positive direction.

Sophia

My experience with my teacher training at Hot Yoga Wellness was a life changing experience that changed and shaped my life. The teachers ranged from energy healers, to nutritionists, to acupuncturists, to yoga professionals from all walks of Yogic experiences. Every new session brought me into a new realm and extension of Yogic thinking and lifestyle that left me feeling so enlightened and challenged as I attempted to form my own, new perspective on health and wellness that incorporated the combinations of teachings that really resonated with me in my heart and soul. I walked away feeling empowered as a teacher, full of knowledge, with some amazing friendships and connections and a part of a bigger purpose and belief system that brought my energetic connection to the universe to its peak. Every time I teach a class, I connect myself to the store house of knowledge through the techniques I learned through the training course that allows me to really connect with my students and provide an amazing experience and pathway to that knowledge for my class. If you have the opportunity to take this course, jump in feet first and engulf yourself, you will walk away empowered and with a new outlook that will give power to you in your teaching and in every aspect of your life.

A.L.