

Mattias Meijer – Yoga Teacher Training course, Oct-Nov 2019

"As many others have written, Yoga Sutra is a really fantastic choice for yoga!! But also for teacher training and I did my 200h training in oct/nov 2019. It was a well balanced mix of practice, alignment, theory, philosophy etc. You really get all support needed for your development, with Namit and the professional teachers. It is an intense time so a good idea is prepare in advance reading books from the recommended reading list. Yoga Sutra is a lovely place, with lovely food and fantastic and warm people/staff! Highly recommended! "

[Review published on [Trip Advisor](#)]