

Emma Claire - Nov-Dec 2019

If ever you consider doing a 200 hour Yoga Teacher Training, this is the one to do! It covers the curriculum perfectly from alignment, anatomy, teaching, meditation, chanting, philosophy, pranayama, asanas...to name a just a few....it was so extensive, alot to take in, but understandably so, as you are training to become a Teacher in four short intensive weeks.

The experience and knowledge from Namit, who ran the course and is director of Yoga Sutra Shala, was so knowledgeable and trustworthy, kind, approachable, empathetic, calm, open, approachable, and so much more. It was a pleasure learning from him as well as the support Yoga Instructors, who each brought their own valuable experiences and knowledge to the lessons too, from chanting, to mudras to chakras, it was so varied! The vegan food was absolutely delicious, and plentiful, with new menus everyday, it never got boring, and suited all taste requirements!

The accommodation was also beautiful and comfortable, with everything thought about, from hot water bottles for aching muscles at the end of the day, warm blankets, teas and healthy snack available throughout the day (although with breakfast lunch and dinner so full of amazing foods, one never went hungry!), the tranquil meditation gardens, luscious swimming pool, and many nooks and crannies inside by fire places and outside in hammocks and trees, plenty of places for alone and reflection time as well as comings together for kirtans and making friends!

The location is also absolutely stunning, set within the Valencian mountains of Benivissia, with the pure air, in the country amongst olive groves and orange and lemon trees, away from all noise, pollution and everyday busyness, it really is the perfect place to disconnect from the craziness and re-connect with yourself.

Thank you to Namit and all the team (from admin, to chefs to cleaners to instructors!), an unforgettable experience, love xx

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