

Ida Jansby - 6th to 31st January 2020

I took the Yoga Teacher training in vinyasa, hatha and yin at Yoga Sutra Shala in January 2020-February 2020. This was my second stay at Yoga Sutra Shala, as I had already stayed there for a really nice yoga summer holiday. The teaching was split between Namit, our main teacher and three assistant teachers. Namit led most of morning practices, sequencing and philosophy. I could feel that he knew a lot about yoga. The assistant teachers were with us for teaching practice. I got along well with these assistants, we have kept in touch after the retreat.

The days were intense, but well structured. I think they included all important elements of yoga teaching. A steady start with morning pranayama-asana practice was followed by breakfast and then sequencing. Before lunch we had philosophy, which covered the most important aspects of yoga philosophy. Namit made yogic philosophy, which can be a bit complicated, easy to understand. After lunch came the teaching practice, where I learned a lot about leading a class. I particularly enjoyed these afternoons, as they made me confident to teach quite soon after the retreat. The evening get together with chanting turned out to be a nice surprise, I really enjoyed the mantra singing.

Logistically and practically I enjoyed my stay too. It was a small group, making it easier to get to know everyone. The food was, as last time, delicious. I had forgotten how great Vegan food can be. We had our own separate rooms, which was nice to withdraw to after long days.

After that I took two more yoga teacher trainings. Everyone a bit different, but they complemented each other in a nice way. The one at Yoga Sutra Shala was a very good start.

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