

Testimonials



"Teacher training with Sylvie Gouin is a once-in-a lifetime opportunity. Although she has the wealth of knowledge and experiential wisdom of a true master, Sylvie's humility and down-to-earth approach to the profound teachings of yoga are unique. As a full-time teacher in Ottawa for close to a decade, I can honestly say that when a student asks me to recommend a teacher training program, without hesitation, I always refer Sylvie!"
Eryn Kirkwood (erynsyoga.com)



"Inspired Living Yoga Teacher Training with Sylvie Gouin was a life changing experience for me. The depth of knowledge that Sylvie brings to her teacher training is truly inspiring and profound. In this training I was challenged and supported both intellectually and emotionally. Additionally the guest speakers and other teachers who joined this training were highly skilled and shared their knowledge with sincerity and interest. I have taken many other teacher training courses in the past however this course exceeded all of my previous experiences and indeed my expectations. It was a wonderful opportunity I will cherish, share and never forget.
Thank you Sylvie Gouin" Laura Fowler Massie



"I have been a student of Sylvie's for more than 10 years. I have benefitted from her talent, wisdom, insights, inspiration, and humour, as both a yoga teacher and life coach. I have attended Sylvie's yoga classes, workshops, 500-hour teacher training and received a personalized Ayurvedic astrology report - all of which have exceeded my expectations! I am now a yoga teacher myself and am still learning every day. I can honestly say that my life is more meaningful as I continue to deepen my yoga practice with Sylvie's ongoing guidance and support." Alison Tait



"When I first registered into Sylvie's YTT, it was for the purpose of supporting my own multiple sclerosis (MS) healing journey. I wanted to learn about myself and self-heal by experiencing the mind-body connection through the spiritual path of yoga. When I first met Sylvie, I automatically connected with her. In addition to her presence, energy and wisdom, which all have the ability to heal in itself, her small and intimate YTT classes created an environment that inspired me to experience the beauties of yoga along with like-minded people. Thanks to this experience, yoga is now an integral part of how I experience my everyday life, which has also supported not only the mind-body connection of healing my MS but also my path in being of services to others as a social work counselor. I am so thankful that this woman crossed my path, there are not enough words to describe this feeling." Lucille Villasenore-Caron



"Yoga Teacher Training with Sylvie is a heart-opening, life-changing experience. Sylvie is an incredible wealth of knowledge, and yet she gently encourages you to find your own place and your own fit within yoga. Sylvie guides you on this beautiful journey with her unique blend of wisdom, faith, and love. Because of Sylvie and her guidance, I have full confidence in my ability to teach and share yoga both on and off the mat." April Murphy

"I have just completed Sylvie Gouin's 200 hour Yoga Teacher Training. I heard about Sylvie from my own Yoga Instructor, was curious about her training program, and then met her. What can I say? I've never looked back. Sylvie is by far the best teacher I have ever encountered both within my professional and personal life. Her knowledge of all aspects of Yoga is extensive and her style of teaching is inspirational, confidence building and fun. This program has truly been a life changer for me and has inspired me to open my own private yoga studio. Sylvie, I cannot thank you enough for opening me up to the multi-faceted dimensions of Hatha Yoga and for giving me the opportunity to learn from you". Elaine Sicoli Program Manager, Export Development Canada and Yoga teacher

"Taking my Yoga Teacher Training with Sylvie is the best decision I have ever made. Every moment spent studying and practicing with Sylvie always feels like I am in the right place. Her energy is so peaceful, and her passion, knowledge, and wisdom are incredibly inspiring and nourishing. She is undoubtedly one of the most beautiful souls I have ever met. It would be the most amazing thing to have a portable mini-Sylvie to accompany me in my day-to-day life after I've completed my YTT because I will very much miss her energy and wisdom (and delicious home-cooked vegan meals)." Josée Gonthier