

# BEYOND

YOGA STUDIO & WELLNESS CENTRE

Meet some of our 200-hour  
hatha yoga teacher training graduates



Stand Tall...  
Look Forward...  
Be open to new possibilities!



## Jacqueline Agnew

### **Why did you register for yoga teacher training?**

I decided to register because I had experienced firsthand the physical, mental, and emotional benefits of practicing yoga and I wanted to share this knowledge with others. I also wanted to work toward a big goal and achieve it!

### **What did you love most about yoga teacher training?**

I enjoyed every aspect of yoga teacher training! I loved diving deeply into the anatomy and alignment principles of the poses, as well as learning how to sequence and teach a yoga class. The yoga philosophy was new to me and learning about the spirituality and depth of the practice was fascinating. Last but not least, I loved the sense of community, friendship, and support that we had as a group learning together over many months.

### **What obstacle did you overcome to make this happen?**

I had to overcome some personal obstacles, such as being away from my young children, as well as feelings of inadequacy (“I’m not flexible or bendy enough!”). I also had some concerns that doing this training would threaten my Christian faith, but what I’ve discovered is that a person of any faith can be considered a yogi; yoga is a discipline and a journey of contemplation, not a religion.

### **How did the training enhance your practice?**

The training took my practice from an entirely physical experience of yoga to a much deeper mind-body connection.

### **Do you have any words of wisdom for someone contemplating joining yoga teacher training?**

You will not regret your investment! The teachers take you on this yoga journey starting from where you are at and gradually lead you to a deeper knowledge and understanding of yoga and how to weave this beautiful practice into your everyday life.





## Élaine Thibodeau

### **Why did you register for yoga teacher training?**

I registered for the YTT to improve my personal skills and expand my knowledge of yoga.

### **What did you love most about yoga teacher training?**

The more I learned about yoga, the more my appreciation and love for the practice grew. Also, learning in a small and supportive community of teachers and classmates is a wonderful experience.

### **What obstacle did you overcome to make this happen?**

As a recent retiree, I wondered if I was too old to take the course. I quickly learned that anyone who is disciplined enough to practice and study can be successful.

### **How did the training enhance your practice?**

There is so much more to yoga than the physicality of the postures. Yoga, now, enriches my life in countless ways both on and off the mat.

### **Do you have any words of wisdom for someone contemplating joining yoga teacher training?**

Take the leap, register today. It is truly one of the greatest gifts you can give your mind, body and soul.



# Tasmia Mulji

## **Why did you register for yoga teacher training?**

I registered for Yoga Teacher Training because yoga helped me immensely during my pregnancies and childbirth and I was inspired to learn more about it. I hoped to spread the teachings of yoga and help other parents who may be on a similar journey as me.

## **What did you love most about yoga teacher training?**

When I registered for Yoga Teacher Training my goal was simple: complete YTT and start teaching yoga. Little did I know that it would be one of the most transformative experiences of my life. I slowly started to see yoga permeate all aspects of my life: in the way that I interacted with my kids, in the way that I showed up at work, in the way that I thought, ate and slept. The more I learned about yoga and saw its effects, the more I wanted to learn about it. Although I've completed yoga teacher training now, I truly feel that I will be a student of yoga for life.

## **What obstacle did you overcome to make this happen?**

There were many obstacles and most of them were created by my own mind. The first was that I never felt ready for it. It was something on my wish list and I felt that I had the rest of my life to complete it. The second was that I had a young family and I thought being away from them would be difficult on weekends. In the end, my choice really came down to the commitment I was willing to make to manifest a life that I had always dreamed of. It's like they say "a journey of a thousand miles begins with one small step". For me, the first step was simply emailing Sylvie and letting her know that I was interested in YTT.

## **How did the training enhance your practice?**

The training was incredible and gave us a chance to learn from some of the best yoga teachers but also from other students. I think the way that it most enhanced my practice is in the way I feel in an asana. I no longer look around the room to see how others look in an asana. For me, the journey is inward and when I am in an asana, my goal is to deeply tune in to how I'm feeling that day and what I can learn from it.

## **Do you have any words of wisdom for someone contemplating joining yoga teacher training?**

My only regret is that I didn't complete YTT earlier in my life. I wish I had known earlier in my life what yoga has taught me and what it continues to teach me. So if I can impart any words of wisdom to future students, it would be this: if you're contemplating starting YTT, please don't wait. We all feel that we have much more time in our lives to complete things on our wish lists than we truly do.





## Colleen Jones

"My yoga career is in full swing in North bay - I teach several different places (beautiful studio, college, church basements and Legion halls) - I've fulfilled my initial interest of teaching gentle yoga and teaching to Seniors specializing in Chair Yoga and yoga for active aging!!!! The studio I teach at also has me take on speciality classes, for instance, this week I'm doing a one-hour retreat for a volleyball team, or I've done part of a day retreat leading the Yin portion... Very happy!!"

Colleen Jones Feb. 2023

### **Why did you register for yoga teacher training?**

I registered for Yoga Teacher Training specifically to train to become a teacher. But YTT enabled me to explore all aspects of yoga - history, physical, mental. Once started I knew I had made the right decision

### **What did you love most about yoga teacher training?**

I loved changing, developing and advancing forward at my pace within the structured setting reaching my goal while learning from the experts and my co-students

### **What obstacle did you overcome to make this happen?**

I overcame a lot of obstacles - I had to overcome my own doubts....Can I set aside this time for my own development, do I have the stamina (physical, emotional etc), can I commit & follow through and was I too old to start something like this??

### **How did the training enhance your practice?**

The YTT deepened my own practice in all ways - it gave me the strength when I needed it to get on the mat, the fortitude to keep practicing and learning, and the knowledge to ask questions, analyze the answers and curiosity to keep asking when I wasn't sure.

### **Do you have any words of wisdom for someone contemplating joining yoga teacher training?**

Words of Wisdom....Follow your heart, follow your own path - yoga teacher training can deepen your individual practice, can broaden your yoga community, can give you a network of like minded individuals and if you're so inclined can open doors to a new career. I will be forever grateful that I took those first steps into YTT it has made me a much better person with an open inquisitive mind on a forever journey of education and self betterment.



## Rebecca Delaney

### **Why did you register for yoga teacher training?**

Since my early 20s I became interested in yoga and started to learn the practice. I wanted to register for yoga teacher training to deepen my practice and be able to share the practice of yoga with others.

### **What did you love most about yoga teacher training?**

Yoga teacher training not only allowed me to understand how to move my body in different asana, it also provided a spiritual awakening and an opportunity to create a more balanced life with a greater sense of calm.

### **What obstacle did you overcome to make this happen?**

I committed to yoga teacher training while on maternity leave so I was anxious to leave my daughter. Having this time away from home practicing yoga helped with the transition into motherhood and allowed me to find more patience and calm to care for my daughter.

### **Do you have any words of wisdom for someone contemplating joining yoga teacher training?**

Yoga teacher training is a wonderful opportunity to expand your mind and become more connected with your body. If you're thinking about yoga teacher training...do it!





## Alea Henshaw

### **What did you love most about Yoga Teacher Training?**

I learned so much more than I thought possible, about both yoga and myself. I loved the practices we shared together each weekend and learning about what yoga meant to each of us. The inspiration I gained from my peers and teachers went beyond what I ever hoped for.

### **What obstacle did you overcome to make this happen?**

I have always been shy and felt limited by my discomfort with speaking and sharing in front of others. I avoided it any way I could. Yoga teacher training pushed me out of my comfort zone in a great way, while supported by a community who I got to learn from and grow beside. I do not live limited by this fear anymore.

### **How did the training enhance your practice?**

Teacher training helped me begin to create a consistent practice and expand my practice beyond the physical. I learned how to integrate the practice into different aspects of everyday life in a way that brings me good energy in unexpected moments. It enhanced my practice, and my life.

### **Do you have any words of wisdom for someone contemplating yoga teacher training?**

Take a moment to really consider it, visualize it in your life. Opportunities present themselves to you for a reason, even if you can't quite see why yet. Let your choices reflect your dreams rather than your fears.