

## **Sandstone Yoga Teacher Training Academy - Student Feedback**

### **“It’s good to see someone doing this properly” Jambo Turong, Forrest Yoga Guardian & Yoga Educational Advisor**

“Just wanted to be in touch to say a huge thank you for such a brilliant first training weekend. It really feels like the right time for me, the right group, course - everything just feels like a wonderful fit and I'm so pleased I took this step. Any anxieties I had beforehand had totally disappeared by Saturday morning - everyone is lovely”

“First day of Yoga teacher training at Sandstone Yoga in Aldridge. What a lovely day! Wonderful teacher (Michelle), great bunch of students and lots of Yoga stuff – really is Sandstone!”

“Brilliant weekend of Yoga teacher training at Sandstone Yoga with the very inspiring Michelle Nicklin and a great group of like-minded people. Another weekend closer to becoming a Yoga teacher ...”

“This course allows you to learn at your own pace in a non competitive environment. You are exposed to a range of styles of teaching and to different types of Yoga but without any pressure to follow a particular style. I have made new friends, got a new perspective on life and am being challenged mentally and physically - but without any pressure and amongst people that want me to succeed. This course is simply life changing.” Katie

“Just to say thank you for a truly inspirational weekend of teaching with Ambra...I think we all went further in our practice than we imagined was possible. I also had several "light bulb" moments during the training... "Ah, now THAT'S what I should be doing!" Very helpful and lovely atmosphere as ever. We're a really great supportive group to each other and the feedback and facilitation from Michelle was spot on as always, thank you! Louise, one very happy student yogi” Louise

Teacher training at Sandstone has given me so much already! The course uses different teaching styles, and the guests teachers bring such different skills, knowledge and energy! The manual is so structured I know exactly what skills I need to develop in each module!

"Brilliant, brilliant, brilliant! This has been one of the most enjoyable courses ever. Michelle's delivery of the course is amazing and the guest teachers have added so much. Would thoroughly recommend to anyone who is looking for quality and comprehensive teacher training" Jane Hobbs

"The teacher training programme has been amazing – totally focussed me on my Yoga practice and confirmed how good it feels to share all the joy of Yoga with those around you! Really look forward to the weekend – even the aches are worth it once you see what you can achieve. Can't wait for the next session" Secondary school Assistant Head, Sutton Coldfield

"Even though we are only a quarter of the way through, Sandstone Yoga Teacher Training is defining the direction of a very important journey in my life. For me, the course is a fascinating and enthralling ride. It is enabling me to explore and develop a much deeper understanding of myself, Yoga and the boundless possibilities available to me as a teacher on and off the mat. Michelle is a dedicated and passionate leader and an excellent facilitator, opening the gateway for our transformational change. Ambra is a truly authentic, inspirational and skilful teacher; positively awe-inspiring."

"Having fallen in love with Yoga almost 16yrs ago I have always been looking at training courses both in the UK and overseas. Though it would certainly be lovely to travel to India for an intense 200hr course it has never been practical with other commitments. When I saw that Sandstone were offering the opportunity to study for a 200hr Yoga Alliance in Aldridge I knew this was perfect for me. The course content, location and structure mean that I can manage my studies at the right pace. The teachers available on this course are so friendly, knowledgeable, inspiring and reassuring that I look forward to every training weekend. Spending whole weekends with like minded people immersed in all things 'Yoga' is a dream comes true. I cannot wait to pass on what I have learned".

"I had done teacher training courses before but none that really equipped me to teach. On this course already I feel I just can't wait to lead a class! All my fears have gone and I am super confident. Something's happened to me and everyone has noticed!"