

Yoga Teacher Trainings Testimonials

The yoga teacher training with Aparna can be a life changing experience. It was for me. I have changed physically, I am healthier. Emotionally, I am much more balanced, I am happier. I have discovered the true value of meditation with Aparna. Because of this training I came much closer to finding my true purpose in life.

I have had many masters from various cultural traditions in my journey, but some of them lacked that quality of really "walking the talk". Aparna walks the talk in such an inspirational way. Her incredible knowledge of hindu philosophy and yoga sutras; the depth of her spirituality; her compassionate heart; ethics, and integrity. All these elements are manifested in the way her 200h course is designed. The spirit of true yoga is alive in her teachings. She gave me all the tools to be a yogini, and a yoga instructor. I can't wait for the 500h training!" - Cris

Yogasaar presented itself to me when I was looking for a direction to move towards. Without really knowing to what extent or level I was getting myself into, I openheartedly jumped into this magnificent pool of knowledge, tradition, lineage and love. I had practiced yoga for several years before Aparna's teaching, but never to this level of awareness. By the end of the Living Yoga Immersion Program I became aware of very minute changes within my body during Asana (yoga poses), I could feel my breath penetrate every cell within my body nourishing it and flooding it with Oxygen. Although the greatest change I saw was in every other moment when I was not doing yoga. I learned how to deal with difficult situations and difficult people better using meditation and breathing techniques. I learned how to show even the most difficult people the love that they deserve. I also learned how to give **myself** the love, appreciation, and self encouragement that I most deserve. Most of all, I became even more inspired to share what I have learned with other people, thus perpetuating the knowledge passed down to me through my lineage of teachers. ----Janine

It wasn't very long ago that I embarked on my personal journey towards becoming a yoga teacher. In a brief period of time, this course has given me a lifetime of new skills, understanding and knowledge. I've learned a lot about the philosophy and history of yoga, but I've learned even more about what yoga can be for me. The decision to begin this journey wasn't an easy

one, but some part of me knew it felt right. Looking back, I know that it was one of the best decisions I've ever made. Entering the program, I wasn't sure if I envisioned myself teaching yoga someday, or if I would be satisfied with enriching my own life and practice. Now I'm excited to share yoga with others, and have lots of ideas about how I might work teaching into my future. Just like her classes, Aparna's Yogasaar teaching training course beautifully integrates many aspects of yoga. Aparna is a wonderful mentor whose depth of knowledge, creativity and intuition never cease to inspire and amaze me. If you are considering yoga teacher training, I give this course my most heartfelt recommendation. You will learn how to breathe more deeply, how to move through poses more fully, and how to reach inside and find out more about your authentic self. You will become a certified yoga teacher, but you will also grow and change in ways that will make profound differences in your day-to-day life. -Meg

Aparna's 200 hr Teacher Training has been life changing for me. Not only have I learned how to expand my own practice, I have a much better understanding of what yoga is about, the philosophy, the history and how it works on the mind, body, and soul. She has helped me realize my goal of becoming a better teacher to myself and maybe someday I will have the opportunity to share this with others. I feel that what I can learn from Aparna is limitless. She is a true master! - Tonya

It has been a wonderful enlightening journey these past 6 months. I never imagined the depth is which we would learn about yoga, philosophy and applying it all to real life. I feel enriched, inspired and encouraged to move forward in my journey as a yoga teacher and human being. Thank you for all your knowledge, inspiration and loving encouragement. - Ravelle

The Yogasaar Immersion Program and 200 Hour Teacher Training have provided the safe yet challenging forum I've been seeking to transform yoga from being a regular form of exercise and "pressure release" to my core lifestyle. This is the hardest and best work I have ever done and will continue to do. I expect this transformative process will continue to deepen throughout my life. It is an incredible gift.

I am filled with gratitude for the invaluable guidance Aparna provides throughout the course of the program. She is intuitive and conscientious in

all she does. Her wholesome intentions and genuine care for her students are communicated clearly throughout: in the curriculum she created and materials she authored, the classroom instruction she provided, the visiting lecturers she selected, as well as the personalized guidance she gave during the one-on-one session, and even those surprisingly meaningful moments and conversations that happen in between all the planned learning experiences.

On my path as a new yoga teacher, Aparna inspires me to cultivate and offer this kind of mindfulness and intentionality for my own practice and for the students I may serve. - Tiffany

Yoga teacher training with Aparna has been life changing. Yes, I deepened my understanding of many poses and feel confident to teach if I someday choose to do so. What really made the biggest difference to me was the writings we read and the meditation we practiced. I now live feeling lighter, more in the present, and less bothered by the stresses of day-to-day life and the workplace. Aparna is a teacher's teacher and we are fortunate to have someone of her depth and quality in New Mexico. - G.B

I wholeheartedly recommend the Yogasaar 200-hour teacher training to anyone serious about taking their yoga to the next level. Aparna is a truly gifted teacher and yoga practitioner. She has created a rigorous curriculum to share her knowledge in so many areas. Each student in the 2013-14 class came with different levels of experience, goals, and desires, yet each of us has been transformed in various ways. I feel the effects of my practice throughout the day in all my personal and professional relationships and look forward to sharing and teaching others as opportunities manifest. If you are willing to make the personal commitment to this training, it is definitely worth it.- Roberta Forester