

Shanti Krigel

2013 200-hour yoga teacher training certificate

To anyone who is contemplating the possibility of taking this training, I would highly recommend it. This certification program has changed my life for the better by giving me the tools to not only take my personal practice to a profound level but to also take my teaching skills related to yoga to a professional place. I know that this certification program will continue to blossom in the future because of the exceptional work of Victor and Janet Parachin. The instruction you will receive during this training will not only support your personal practice but it will also enhance your own life.

I am so thankful I have gone through this certification and I highly recommend this program to any serious yogi who is interested in solidifying their yoga practice. Even if you don't foresee yourself as a yoga teacher, this training will give you the tools to practice in a contemplative fashion. If you do see yourself as a yoga teacher, this certification strikes the perfect balance between mind, body, and spirit. This program has nourished my soul and I know it will nourish yours too!

