



## Welcome!

### WELCOME

You are about to embark on a life changing journey of self-discovery AND you will learn how to become a powerful yoga teacher, ready to inspire others in the way that you have been inspired.

Firstly, acknowledge yourself for stepping into this training. There will have been plenty of hurdles you had to jump through, bridges you had to cross, barriers you had to climb over to get here, yet here you are – well done.

One of the BIGGEST, most common reasons people don't step into teacher training is not feeling 'enough'... 'good enough', 'fit enough', 'young enough', 'old enough', 'strong enough', 'smart enough' and that's what this training is all about, stepping out of your own way into greatness. We have to acknowledge that voice of doubt and exhale it away, it doesn't serve us!

For most of us, the voice of doubt is not new, it may speak loudly every day, in every challenge, whether that is on your mat or off your mat. But, the game is to train ourselves to not listen to the voice of doubt that holds us back, so that we can move forward and pursue our dreams. That process, and coming here today, is the same process you went through before coming to your first yoga class, trying your first crow pose, headstand or handstand. And, it's the same process you are going to continue to go through during this training, and beyond! There are going to be moments of doubt, which feel so real that you want to walk out and never come back, and you will be convinced that this time you really can't do it. But please remember, it's just the same voice, and when you are tired and the challenge is big, you feel weaker, but you are not, you are stronger every day, so turn the volume of that voice of doubt down and keep moving forward.



Through practicing that process you will learn how to achieve your dreams, no matter what the odds, there is ALWAYS a way, because once you step out of your own way, nothing can hold you back, obstacles are only there to get around. Once you start to live that way you will truly inspire others. Your way of being will shine through your teaching, as you infuse your classes with more than just a good yoga sequence, with PASSION and INSPIRATION! You will see students come into your class who have decided that they 'can't'...downward dog / crow / headstand / balance / achieve / be loved... and through your teaching you will help them see that they can. As they start to step out of their own way on the mat they will step out of their own way off the mat, slowly beginning to see and believe that they can be whoever they want to be in this world. You will witness a beautiful TRANSFORMATION, which is the biggest payment for your teaching and reward for the work you put into yourself to get you there.

Soul Sanctuary Founder, Laura Butcher, has created this course through her own experience and training. Great inspiration will be taken from the work of Baron Baptiste, who also believes in EMPOWERMENT. This course will look into the history of the practice and compare and contrast other teachers, styles and schools of yoga, including Hatha, Ashtanga, Yin, Nidra and much more, and offer a well-rounded understanding of the whole practice. As the focus of Soul Sanctuary studios, there will be a heavy focus on the psychology of yoga, and you will learn to bring this into your teaching.

Above all, ENJOY THE PROCESS! This course is FOR YOU, to learn, to grow and to get to know yourself on a deeper level. A treat to yourself, an opportunity to spend time with like-minded individuals, a retreat at home! AND, you will gain a qualification that gives you the tools to empower people anywhere in the world, for the rest of your life. So please, don't be worried, be excited, be open-minded, be curious, stay positive and prepare to step into greatness!

WELCOME

*Please remember, your course leaders are not trained psychologists, or therapists, so if anything comes up for you which you feel you need support with please see our professional services contact list on page 153.*