

Kingwood Yoga Teacher Training gave me the “why” knowledge to support the practice I embraced several years earlier.

Marita is so engrained in Yoga and Yoga, in her it is a learning experience to have any conversation with her. Her knowledge of all aspects of the practice is vast. If only I could press my forehead next to hers’ and through osmosis absorb all of the yogi, as well as life wisdom that she has collected there.

Marita brought my attention to how aware I need to be to the needs and challenges of my students. Marita is very astute in this area naturally and has cultivated this gift.

The business aspects Marita has shared is invaluable to a new teacher wanting to promote herself. These are things it would take years and many costly mistakes to learn on your own by trial and error.

I have truly emerged from Kingwood Yoga Teacher Training as a “Yoga Teacher”. Awareness that “The Universe is Perfect” and each one of us is exactly where we are intended to be at each moment gives me freedom of spirit and an acceptance of “ours” beyond what I previously thought possible.

Though, my conscience mind will never know the “whole” of the benefits of this practice we call “Yoga”, discovering daily, is the Journey!

Namaste’

Linda McKinley, CYT