

## The Yoga Loft Mentorship Program

I knew when I read the words “many people feel overwhelmed and unprepared after yoga teacher training” on The Yoga Loft website that I had found my teacher! This is exactly how I felt after completing my YTT 200. I felt that something was missing that I needed to feel more confident with my skills but was unsure of exactly what it was and what I needed to do to get there. Sandi Grekoff-Hunt’s Yoga Mentorship Program was able to take my confidence to the next level.

Sandi took the time to ask just the right questions in our intake interview, she highlighted my strengths and identified my area of need. Sandi designed a 6-week program based on my identified need for more training in the physiology and anatomy of yoga. Sandi’s knowledge and experience supported my learning and challenged me to think about each asana and the muscle and bones involved in the movement. I now feel that I have a greater understanding of not only the movement of yoga but in my role as a teacher to provide a safe, supportive practice for my students.

I cannot thank Sandi enough for sharing her knowledge and expertise. I found it invaluable to developing my sense of self confidence and towards taking my next steps as a confident yoga instructor.

T.P., May 2018