



Testimonials from some of our recent graduates

Yoga Teacher Training at TMC opened my practice in ways I could not have imagined. I was exposed to a wider variety of teachers, method, and styles in one year than I had in all my years of exploring a practice. I can think of no other environment that offers such a wealth of influences. The training was thoughtfully put together and delivered from the heart. I finished the training in an expanding state of growth. I can not help but to share this growing with others in all aspects of my life. The training gave me much more than a certification. It made me a teacher.

Roland Levesque, RYT

The yoga teacher training classes that I was fortunate enough to complete at the Movement Center were both practical and comprehensive. The instructors not only gave well-documented and well-modeled examples of the postures, they gave physiology, anatomy philosophy, and history. They were able to weave legality, injuries and their prevention into the program so that it wasn't too overwhelming or too technical. Every instructor inspired confidence in the students. Many remained after classes to answer specific questions and help individuals. The generosity was incomparable.

If you are hoping to become a teacher of Yoga or merely deepen and expand your practice, this is a wonderful opportunity. I use what I have learned from the experience everyday in my work and in my life.

In a time when there is so much talk of budgets and lack of value, this program is a dividend without limit. I strongly encourage you to take advantage of it.

Dr. Dan Sisco

My experience with the hatha yoga teacher training course was life enriching. Yes, I was given valuable information regarding anatomy, asana, sequencing of asana, and so much more. However, the synergy of the overall approach and involvement turned this course into an avenue in which to enhance my ability to connect to and absorb the wisdom within me and consequently the beauty and wisdom in others.

Wendy Wong