



**The Dharma Mittra Yoga Life of a Yogi** 200 hour Teacher Training surpassed my wildest expectations. I experienced a deep opening up which happened on both a physical and a more esoteric or psychic level. Both my body and my mind felt transformed, my body because I really deepened my asana practice and just loved doing at least two asana practices a day, something which I never have the time to do in my day to day life and my mind, because of being in the presence of Sri Dharma, and practicing his psychic healing techniques. It was almost magical. Although I felt very emotional, apart from on the last day, but for me the emotions that got released were blissful and happy. From the day I arrived, schlepping my gallon of water on my bicycle, because I did not realize that the deli next to the centre was open, having fun dividing into groups through the power of touch...even such a simple thing as dividing into groups was done in way that was different to what I was used to. It was in a fun, enjoyable and loving way. I had wondered whether we would be doing asana practice in Sri Dharma's Master Class, and was overjoyed to hear that we would be part of the center's usual activities as well. In fact this was a very intrinsic part of the course: the fact that we were integrated into the usual activities of the centre and made to feel very welcome. I felt like I had finally come home. One of the mentors had said that after day 3 we would all feel totally relaxed, and true enough by the Saturday I felt completely at ease, as if Dharma Yoga Center was my home.

Cycling there through the quiet New York City streets in the early morning, and cycling home at night, when the streets were buzzing, I felt as if I was on a retreat, deeply happy, meeting wonderful people, discovering things about myself. When arriving at the centre in the early morning, often before the 7:15 starting time, it enabled me to just sit quietly in the room, feeling it fill up with a wonderful energy. When we began Andre Ram would most often lead us in chanting to Ganesh prior to doing our daily pranayama. It was so spiritual and set the tone for the whole day. It was all so informative, from the small teaching groups with mentors, to the large group discussions led by senior disciples such as Eva, Chandra, and Andrei Ram. The anatomy classes were very informative and always ended with a small meditation, lest we forget why we were there.

When Kim told me that Eva had asked me to teach the 1:30 pm Sunday class I was filled with nervous energy but kept on telling myself that I was just a vessel, that I had come all this way to learn and that I should just go ahead and do it. One thing that I have realized, now that I am back and teaching at a local yoga studio is how supportive the environment was during the teacher's training. The love and goodwill that permeate the centre made teaching bliss.

The beach outing was a beautiful experience. Just to be in Sri Dharma's presence is such a joy. So much of the time I found myself walking around with a huge grin, feeling an intense sense

of happiness. I would wake up every morning and read through my notes from the day before, after having done a few minutes of pranayama and meditation practice.

Unfortunately the training came to an end all too quickly. The last day was so emotional; the beautiful kirtan with Eva, Eric, Antonia and Jeffrey will stick in my mind forever. It brought tears to my eyes.

I now have Sri Dharma's picture on my altar nearby my meditation shawl and meditation beads. I practice asana in front of the alter and he always seems to smile right into the deepest corners of my heart. I know he is nearby, but still, I can't wait to return to New York again and to once again place my mat down on the pink carpet; to sit in Dharma's presence while he does psychic healing and to attend all the Kirtan. I thank everyone immensely who facilitated this Dharma Mittra Yoga teachers training, it was truly special!

In Joy  
Gail S.

