

## **What advice would I give myself before starting the yoga teacher training, knowing what I know now?**

**Written by Rachel Samuels (past 200hr and 300hr BSY trainee)**

This was a great question that put me on the spot at an open evening earlier in the year. I couldn't think in the moment, as it's something I hadn't previously considered. The answer I gave at the time was on a practical level, such as being organised, read material in advance, etc. After some time to reflect, here are my thoughts in answer to that question.

**Know that you are enough!** Do not question whether you should be there or whether you made the right choice. There could be many reasons why you feel this way such as your age, size or yoga experience/knowledge. You've been accepted on the course and have met the criteria! Therefore, you're at the same starting point as all the other trainees on your course. Even though they may have completely different life and yoga experiences to you, you are all there for the same reason - to learn how to teach yoga from your own experience. This training is all about teaching you the skills to teach yoga, sharing knowledge, evidence and experience. Your confidence will grow the more you learn, understand and experience. As this happens, you will realise you are definitely meant to be there!

**Trust the process.** There is so much information to learn it can feel quite overwhelming. I wondered how I would be able to learn and understand it all by the end of the course. Laura and the team will get you from A-Z with an injection of fun and humour along the way! The course is ingeniously designed with an emphasis on experiential learning, along with consideration of different learning styles and gradual layering up of information. It almost feels like you've been learning by osmosis. Questions and open dialogue are actively encouraged to aid understanding. By the end of the course you will be pleasantly surprised how much you have learned.

**Don't be afraid of assignments/assessments.** The assignments set as part of the course are truly for your own learning and understanding. No one is trying to trick you or trip you up! This is not school and any insecurities or anxieties you may have around assessments and assignments will be alleviated once you realise everything on the course is geared towards your learning. Any feedback is constructive and supportive. The assignments and course review help you learn, understand and embed the material in your body and mind, as well as build your confidence!

**Be curious!** You'll be taken on an incredible journey throughout the course, learn new things about yourself, recognise old habits and random stuff may arise. In the words of Rumi's poem, The Guest House – "welcome and entertain them all". Embrace the experience with whatever comes up for you. Find what works for you. Journaling throughout the course can help, as well as reaching out to your fellow trainees and tutors. BSY cultivate a kind and friendly community that stay connected and supportive long after the course has finished.