

## Teacher Testimonial



August 16<sup>th</sup> 2014

If you're reading this, you might be thinking to yourself- what can the teacher training program at Kingwood Yoga & Wellness Center do for you? Is it the right choice for me? Will I be able to learn everything that I need to know in order to be prepared to metamorphose into a yoga teacher?

I would encourage anyone on the outskirts of these thoughts to dive into the pool of knowledge that Marita and the entire Kingwood Yoga & Wellness Center has to offer. As a well-traveled and experienced yogi, I can say with confidence that Kingwood Yoga & Wellness Center is a hidden gem in Texas. I'm a 500-hour graduate teacher. I first completed my 200-hour certification, but afterwards I found myself wanting to learn more and more through the Kingwood Yoga & Wellness Center – I was hooked! The teacher training programs exceed any corporation standards by leaps and bounds and can be completed flexibly through your OWN schedule. As a full-time student paired with a job, this was very important for me! The careful and personable attention couldn't be found anywhere else. The yoga teacher certification at Kingwood Yoga & Wellness Center is a comprehensive program of instruction and training that teaches you the asanas every step of the way, the therapeutics of yoga, pranayama and meditation. Upon completion, I was also ready to teach Yoga 4 Kids as well as Prenatal Yoga. I left here a thoroughly trained and certified yoga therapist and teacher, well versed and confident instructing all ages.

Through my journey here at Kingwood Yoga & Wellness Center I learned how to cure myself and then cure others. Becoming a yoga teacher truly touched and changed my life. I am forever grateful for my training, and I hope one day to train teachers as well and thoughtfully as the Kingwood Yoga & Wellness Center. So go ahead, jump in – the water is just right! Bathe yourself in the knowledge and light of the Kingwood Yoga & Wellness Center.

Thank you & Namaste',  
Devon Brunner E-CYT 500, CCYT, CPYT

## Yoga Teacher Testimonial



May 21, 2011

*"Yoga is a light which, once lit will never dim. The better your practice, the brighter your flame."*

~ B.K.S. Iyengar

My light had been lit when I started a regular yoga practice. I realized yoga's benefit for my body and my mind. With every practice, I became more connected, more centered and calm. I wanted to help my children find this calm and connection by teaching them yoga, early in their lives.

As I started researching teacher trainings, I was amazed how my angels guided me to Kingwood Yoga Teacher Training & Yoga 4 Kids. I could have done a "crash course", but was afraid I wouldn't be able to absorb everything in 8 days. I also wanted a teacher who had "hands-on" experience with children, not just text book theory.

Kingwood Yoga Teacher Training offers flexible hours, hands-on classroom training working with students, the understanding of student's individual needs and the benefits of therapeutic yoga. Since the day I started my training, I loved every minute of it! The founder Marita Gardner-Anopol, shares real life experience and truly explains the business of yoga without withholding information. She knows the world needs more yoga teachers and she wants hers' to be successful and true.

As my training advanced, I was offered the chance to teach a children's class. If it had not been for Marita, my first class would have been a disaster. I had taught a few adult classes and expected that a children's class would be very similar. Even though I am a Mom, I had no idea that teaching yoga to children is so different. Thanks to Marita, I was prepared for my first class and didn't turn off my own kid's from yoga. I brought Marita's "Yoga 4 Kids" game and watched the children's eyes light up. The game makes yoga fun and can be played so many ways to keep them interested. After each class, Marita offered insightful feedback that helped me improve my teaching.

Yoga for children is about planting the seeds of yoga, not about perfection. I have learned that teaching children yoga allows them to draw on certain breathing techniques when faced with challenges at school and at home.

Kingwood Yoga Teacher Training has taught me to be a humble yoga teacher and student, always striving to learn more and improve the alignment of each pose. Slowing down my flow routine has helped me incorporate proper alignment and breath into each sequence. I also learned that as a teacher we do not need to be able to do every pose in order to teach it. Everyone's anatomy is unique and each student's ability is different. It is important to teach students this so they can accept where they are instead of getting frustrated with themselves. After all, as Marita says' "it's just yoga!"

Yoga is therapeutic. During my training, learning the health benefits of each pose has been very helpful and now I am teaching this to children. I feel there is so much more to learn, but now have the proper resources to research whatever might arise in any yoga class. It is also comforting to know that Marita is just a phone call away.

I am truly blessed to have met Marita and have completed Yoga 4 Kids Teacher Training® and Kingwood Yoga Teacher Training at the 200-hour level. I feel confident and excited to continue on my yoga journey as a teacher and, following in her footsteps and "brightening my flame."

I would recommend Kingwood Yoga Teacher Training to anyone who really wants to deepen their practice, learn proper alignment, Anatomy, Ayurveda, the Chakra's, how to teach children, adults, pre-natal, seniors, the business of yoga and more.

Namaste'

Julie Maldonado, CYT, CCYT

## Teacher Testimonial



*May 14, 2014*

For many years I explored several styles of yoga, trying to find a style that was in sync with my physical, mental, emotional and spiritual needs. Although I would get a good work-out, I would leave class wanting more from the instructor... adjustments, modifications, and to learn about the benefits of the poses, just to name a few. That all changed when I came upon the Kingwood Yoga and Wellness Center Teacher Training Program.

I admire Marita's detailed approach to every pose and the importance of proper alignment. The Pranayama techniques have taught me to quiet my mind, control my anxiety, and the Ujjayi breath enables me to go deeper into my practice.

Before meeting Marita, I never understood the benefits of *any* yoga pose. She passionately explains each and every pose that she teaches and the abundant benefits received from each one of them. Marita not only taught me the true essence of yoga, she has also empowered me with life skills to control my blood pressure, insomnia and stress level. She also enlightened me on how the universe is perfect and that everything happens for a reason.

Thank you Marita, for establishing the Kingwood Yoga and Wellness Center Teacher Training Program. You truly *have* changed my life.

Namaste'

Rasha Alkhatib, CYT  
*Certified Yoga Teacher*

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