

I just completed the Dharma Mittra Life of a Yogi Teacher Training in San Francisco August 1 – 10th. Today I clicked on the website and immediately heard the beautiful signing of Eva and Dharma doing OM Namah Shivayah with the long extended held OM. I burst into tears and balled my eyes out yelling in lion's breaths for almost a minute. I let out all the stuff, the tamas, I did not need anymore and am deeply taking in the wisdom of Perusha, that eternal Atman Self. Dharma, said to be prepared for anything in one of his last lectures. “ A yogi/yogini must be strong, you must keep that even state of bliss by residing in your heart, your own pathway to God”. Anything could happen, you could loose your relationship with your boyfriend/girlfriend or husband/wife. The house could burn down. You must stay constant. Well Dharma, I have already been put to the test. There was a letter waiting for me when I got back on my doorstep. Without going into details, lets just say it's the life equivalent of the Mayarasana 9 Pose (from the Iyengar book) which I demoed for the Group in Eric's level III class. In this pose, it is very hard to breath, but you can still rise up above it all and go into the place of grace.

What was most amazing to me about the training was the preparation before hand and the people that it drew from all corners of the world. I loved reading all the required books and more spending 6 weeks in slow contermplication of the Sutras, the Bhahavad Gita, Iyengar's Light on Yoga, Ananda's auto biography and Yoga Gupta's two amazing books. The students were awesome, many already very advanced teachers with incredible asanas. I do not know if it was part of the plan, but the person next to me Justin, had awesome hand balances and my balances greatly improved just being next to him. I think Dharma is very efficient. He does not waste his time coming to me but instead channeled to Justin and let Justin show and encourage me.

The small group teacher training practicum was so encouraging. There were never any judgemental words, only absolute positive reinforcement with great suggestions. Everybody vastly improved the second time they taught. One in our group was picked to teach everybody in the end at the final level II class.

There were little miracles that happened. One person in our group gave up smoking. Another from another group could not hear for a year in a half in her left ear. Suddenly her hearing came back 100 percent. The

spiritual message was so strong stressing the Yamas Ahimsa, go vegan and there was absolute consideration for all. One person was sensitive to incense, so none was burnt. Another allergic to nuts so nuts were eaten in the public space. People were made to feel very safe so they could really open up.

I went back to my room every night singing: “ Jai Ganesha , Jai Ganesh, Jai Ganesha Pademon... Sri Ganesha , Sri Ganesh, Sri Ganesha Rockshamon. “ I ate two thirds to half my normal amount of food and slept no more than 6 hours a night max but could still do 6 hours of yoga asana a day. The only time I drifted off was in the Yoga Nidra Anatomy Class, but I think Howard wanted to give us all a rest. Too bad, I could not go through college like that. I can not say enough about all the Mentors. They were so loving and so supportive and gave me so many hugs. The bonding with my fellow yogis/yoginis was incredible. At the end we all shared and a lot of spoke very deeply from their/our heart with much tears and some laughter. We also shared a grand live pot luck at the end and Eva played one of my special requests. The music throughout the training was awesome. Thank you Eric!

The final healing for me the last night was that I asked in my application to get over my anxiety from being in the incubator the first three weeks of my life. I had a dream in which I was in the incubator surrounded by people who led me through a tiny dark chamber. They told me to push through and held my hand as I went through and then came up like a flower out into the daylight, surrounded by all these people who were standing very tall with me.

Thank you Dharma and all the mentors!

OM Shanti OM