

Guru Dharam's endless wisdom and wise counsel renders me speechless while Darryl's grounded and acutely present energy is a force that pokes, provokes, challenges and awakens those blessed to work with him.

### **K1 Course feedback**

The Level 1 Kundalini course has been the most transformational period of my life. The content of the course is fascinating and has led me on a journey that I feel is just beginning. The teachers are committed, providing lots of support throughout the months. They are extremely knowledgeable, funny and engaging and they facilitate each weekend so well, that becoming a Kundalini Yoga teacher has been easy to flow into. I have been teaching for a month prior to the end of the course and it has really ignited and energised my learning and development. Throughout the course we were introduced, in a gradual way, to a yogic lifestyle and how the lifestyle and practices taught on the course became part of my life now seem effortless in hindsight. On a personal level, it has helped me with relationships in my life that were difficult. It brought my work/life balance into perspective. I feel so thankful and humbled to have been given the opportunity to become a yoga teacher and I look forward to keep up learning so my development will be kept up.

Sat Nam and thank you to God for working through you and the other teachers, for your humour, compassion, guidance, wisdom - all given through the grace of management upstairs.

Thanks for sending such superb teachers this year and I send love and thanks for being so supportive of the students here and for keeping it real. I really hope we can welcome i-SKY back for another teacher training next year.

The course has definitely supported me on my kundalini yoga path, and opened my eyes on the some many levels of healing and also teaching. It has greatly inspired me. Wahe Guru!

Thank you for such a great year at i-SKY, it was a fantastic experience!

My classes are all full now!! Woohoo!! and I am very much enjoying teaching.

Nearly 5 years now since discovering i-SKY and I can truly say that Teacher training was one of my best decisions. I am growing younger with age I swear!!!

### **And these about the end of course retreat organised by the graduating students:**

I had a lovely time. Thanks for organising such a wonderful experience.

I would like to thank you for an amazing weekend, one that I will never forget. It has truly helped me turn a corner and I met some inspiring and lovely people. I appreciate how much went into it and am so grateful for the experience.

Hello to the people who gave me one of the most wonderful weekend's of my life! I wanted to say thank you for being so welcoming and putting a 19 year old on her own at ease. I had an incredible time and learned so much, and although I practice Kundalini everyday. Your weekend was more empowering than a regular two weeks worth!