

From Yogi to Yoga Teacher

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By Polly McGee

Do you love yoga and want to take your passion to the next step and become a certified yoga teacher? Nestled in the lush surrounds of the Mount Warning caldera, the Krishna Village Eco Yoga Community is the ideal haven to learn how to become a yoga teacher – and unwind and reconnect to yourself in the process.

Conveniently located 50km north of Byron Bay, the Krishna Village has become a popular destination for people of all ages who want to retreat from their busy schedules, live on an organic farm, have life coaching or study yoga and Intuitive Balinese Massage. As a certified yoga teacher training facility, the Krishna Village attracts both national and international guests who are seeking to immerse themselves into a healthy and wholesome yogic practice and explore their own spirituality.

Modern yoga is often a watered-down process simply consisting of a series of exercises. At the Krishna Village, the goal is to learn not only how to teach yoga, but how to live and breathe it in a fun, supportive environment. *Being* a yogi, rather than just *doing* yoga.

Students learn all the required practices to become a fully accredited yoga teacher with Yoga Alliance in a full immersion course, but they also gain hands-on teaching practise with real students through the retreat centre.

Emily, a recent graduate, says: *“This yoga training has honestly been one of the highlights of my life. Being immersed into a yogic lifestyle like I was here was crucial for me to receive and then apply all the teachings. The course material has guided me to feel confident teaching so early on. The Krishna Village is the perfect setting for not only learning how to be a yogi, but it is a place of community, self-exploration, belonging and joy.”*

The next yoga teacher training course begins on 6 May 2016. For bookings or enquiries, please see www.krishnavillage-retreat.com. Discounted rate available for early bird bookings.

NOTE TO EDITOR:

- High-resolution images are available on request to Carol D’Costa 0416 17 97 33 or via email: caroeditor@gmail.com
- The Krishna Village Eco Yoga Community is invaluable as a source of feature stories for health, travel or lifestyle magazines.

If you would like to visit the community for your publication, please contact Carol on the above number. We would love to meet you!

Background:

The Krishna Village Eco Yoga Community is set on an organic farm and provides a blueprint of a simple, mindful, spiritually based lifestyle. It focuses on health and wellbeing in a friendly, spiritual, supportive community.