

Dear Yoga Alliance Credentialing Team,

Thank you for taking the time to review my application for the Experienced Teacher Pathway.

Yoga has been my passion for much of my adult life, attending my first yoga class in 1985—no fancy mats or special outfits, just the practice. As for many, yoga gave me a place where I could feel grounded, connected, and quiet the noise within. I was fortunate to be introduced to amazing teachers early on, which led me to pursue more in-depth training with a few master teachers. At the time, my desire was to learn from my teachers, not to necessarily to complete a formal 200 or 500-hour training. (In fact, there just weren't that many around). Over the years, I have easily completed more than 1000 hours of training, at least half of those with my guru who is steeped in a traditional yoga lineage.

As my practice deepened and my knowledge increased, I was naturally drawn to teach others the practice that has brought me so much. I started teaching in the mid-nineties, first out of my home, then in small community settings, eventually landing at a small studio on the west coast. I started at four classes a week and grew to 10-15 within the first two years. Classes were multilevel, always weaving pranayama, meditation, and philosophy through the asana practice.

Life has kicked in along the way (marriage, children, divorce, etc.), but I have never stopped teaching—it is what grounds me. Between group classes, workshops, privates and teacher trainings, I have probably taught close to 8000 hours.

In 2000, I made the leap to studio owner, and we have been in business ever since. I have stayed true to my lineage and have been able to bring in great teachers with a similar focus that can offer a wide range of classes. Please take a moment to visit our website here.

As our studio became more successful and practitioners began asking for more in-depth teaching, we naturally progressed to offering our first teacher training in 2005. We began with a 200 hour, then more recently in 2017, added the 300-hour program.

Throughout the years, I have never stopped studying, for I strongly believe that it is through a beginner's mind that we can find our way to wisdom. My studies have led me to explore the therapeutic benefits of yoga, more recently focusing on yoga nidra and restorative practices.

I have spent many years growing and being a part of the local yoga community and would like to expand my community to be a part of Yoga Alliance. While I do not have certificates from my early teachers, I have included a letter from one of them, along with documentation from the many workshops that I attended over the years. I feel strongly that I meet your requirements for the E-RYT 500 credential.

Thank you for your time, and I look forward to hearing from you. Please also feel free to call me at 123 456-7890.

Namaste,

Suzanne Lafferty