

TESTIMONIAL

I chose Sewall House Yoga Teacher Training (YTT) for one reason and one reason only--Donna Davidge. I have practiced yoga for 10+ years and in that time I have met a lot of different yoga instructors and experienced a variety of teaching styles--but I have never met an instructor that embraces the yoga lifestyle in the way that Donna does. She is a great example of what is possible when one truly devotes themselves to the **practice** of yoga.

I met Donna for the first time in Dec./Jan/ 2010-2011. My boyfriend and I decided to go on a Yoga Retreat for the 2011 New Year and we chose the Sewall House because we liked that it was a smaller place (not a big resort) and that they offered vegetarian meals. Shortly after meeting Donna, I could see that she was a very special individual. And, she inspired me to take my practice to the next level and TEACH! Part of it, was that I sensed that she was this amazing resource, someone that had 26+ years of experience and knowledge, things that you could never find or learn in a book.

After I decided to take a YTT, I could not imagine learning from anyone other than her. So, I asked her if she would do a YTT.

Initially, Donna told me that she was unable to provide a teacher training that would work with my schedule (I was looking for a YTT immersion program, rather than a week-to-week or weekend program). With great disappointment, I started to halfheartedly look around at other YTTs. I looked at YTTs all over the world--Indonesia, Europe, Australia, New Zealand, Nepal, South American, North American, etc. They all left me disillusioned and discouraged. They felt so impersonal, so corporate. Huge classes, less opportunity to engage with your instructor(s) (typically, you did not have just one instructor or mentor which I personally believe is a HUGE benefit of the Sewall House YTT) and some failed to offer ANY student-teaching within the training program (which, again, in my opinion is a very important part of the process). I got the sense that these other YTTs were more interested in the "business" of YTTs than the individual teachers.

Ultimately, I decided not to move forward with the YTT unless I could do it with Donna.

Right about the time that I made this decision, Donna emailed me and told me that she could do the training. I was ecstatic!

And, to say that it was worth the wait is truly putting it lightly. This YTT was by far the best decision I have made FOR MYSELF in my entire life. It was a life-changing experience. I will be forever grateful to Donna for showing me what it

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truly means to "practice yoga," for having the patience to answer ALL of our questions even after 10-12 hour days, for having the heart to listen to our insecurities and for knowing how to build our confidence WITHIN, for being the woman that she is and setting the bar as high as she does, for having such an amazing sense of self and explaining why it's important to obtain more self-awareness in order to be a good teacher, for her modest and humble ways despite her long list of accomplishments, for her strong desire to learn and for sharing the wealth of what she has learned, for her ability to cultivate strength and greatness within each of us, and last but certainly not least -- for her innate ability to guide her students down a path that truly speaks to them.

I left this YTT not only with a strong foundation of HOW to teach, but also with a thorough understanding of WHY I want to teach. I also left knowing that there is always more to learn. And, the more I learn, the more I can share and the better teacher I will become. I also left with a greater sense of self than I have ever had in my life.

With that said, if you want a personal teacher training experience, The Sewall House YTT is the program for you. The Sewall House YTT is the antithesis of corporate and Donna is not interested in the *business* of YTTs or "manufacturing yoga teachers." She's interested in the individual.

From the heart, with great appreciation and respect,
Laura