

Dear Future Teacher,

Congratulations on considering this transformative step! In my 30+ years of teaching, I've seen hundreds of students discover their calling through yoga teacher training.

This guide will help you determine if you're ready for this incredible journey...

Self-Assessment Quiz

**"Are You Ready for YTT?" - 10 Questions to see if you are ready**

1. Have you been practicing yoga consistently for at least 1 year?
2. Do you feel called to share yoga with others?
3. Are you comfortable being vulnerable and learning new things?
4. Can you commit to 6 months of twice-weekly training?
5. Are you interested in yoga philosophy, not just poses?
6. Do you want to deepen your personal practice?
7. Are you prepared for the physical and emotional challenges?
8. Do you have support from family/friends for this commitment?
9. Are you financially ready for the investment?
10. Do you see teaching as a calling, not just a side income?

Page 4: What Makes Inner Power Different

- Small class sizes (max 15 vs. 30+ at corporate programs)
- Master teachers with 500+ hour certifications
- Same affordable pricing for 16 years
- Immediate teaching opportunities
- Authentic yoga tradition, not trendy fitness
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- Graduate Success Stories:

*When I signed up for yoga teacher training, I was a lost, desperate, disappointed person — upset with everything and everyone, full of complaints and dissatisfaction.*

*The most powerful part for me was karma yoga. I had to clean the old studio — dirty windows, bathrooms, floors. At first, I felt resistance and even some negative emotions. But through service, my heart started to open, and I began to live in gratitude and joy.*

*After that, opportunities kept opening. I got to teach yoga for free at my English school, which gave me more confidence. Soon after, I found my dream job, met the man of my dreams, and realized how much I had changed. From despair and struggle, I moved into joy, gratitude, and light.*

*This training truly opened my heart, changed my perspective, and even deepened my relationship with God. For me, yoga became not just about the body — it became a spiritual path.*

*I will always be grateful to Linda and Wayne. It is such a blessing to be around people like them. Kind, positive, professional, genuine, generous, and honest.*

*This course is truly unique, powerful, and full of love. If your heart is calling you, I can only say, don't hesitate, follow it.*

- **Svetlana K, 2018 Graduate**

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- *"Inner Power's teacher training changed my life. The small class size meant I got personal attention from Linda and the team. I started teaching immediately after graduation and now have my own classes at three studios!"*

**- Sarah M., 2023 Graduate**

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- *"For eight years, Inner Power Yoga (IPY) has been more than just a studio; it's my second home. As a working mom with two teen girls, aging parents, and a real-estate business, life is a balancing act, but yoga has been my anchor to help me stay grounded. It's my daily reset—a positive addiction that allows me to de-stress, find clarity, and release the emotional tension that comes with juggling so many roles.*
- *My experience at IPY had such a profound impact on my life that I decided to take the next step and become a teacher. The 200-hour training was an incredible journey. Despite my Indian heritage, I had no idea about the rich history and philosophy of yoga, and it was fascinating to learn. The teachers were so experienced and supportive, and the entire training including anatomy lessons felt immersive and joyful.*
- *In a world where so many studios have turned yoga into a purely physical workout, Inner Power Yoga remains authentic and true to the heart of the practice. They provide an incredible service to the San Fernando Valley community. I can't imagine having done this training anywhere else, and I can't recommend this studio enough. If you're looking for a practice that will not only challenge your body but also calm your mind and lift your spirit, this is the place to be."*
- **Radha D, 2025 Graduate**

#### Investment Breakdown

- Program cost comparison: \$2,600 all in vs. upwards of \$3,000+ at other studios
- What's included: Digital manual and free yoga during training
- Payment options: Pay in full by start date \$2,600 or \$2,800 with payment plan
- ROI potential: Ready to teach in various settings upon completion

## Next Steps

- How to apply: Contact [Linda@innerpoweryoga.net](mailto:Linda@innerpoweryoga.net) for application
- Important dates: Deposits due by October 8<sup>th</sup>
- Contact information [Info@innerpoweryoga.net](mailto:Info@innerpoweryoga.net) 818-591-2639
- Call-to-action: Schedule a free 15 minute consultation to discuss if TT is right for you!

Look forward to hearing from you!

Namaste

Linda Suffin, ERYT 500 owner Inner Power Yoga Studio

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