

# Alyssa Worth

## 2014 200-hour yoga teacher training certificate

Feeling scared due to insecurity and fearing I'd somehow manage to fail, I entered Yoga Spirit Academy as a very nervous human being. I graduated a much different person; I gained confidence in myself and in teaching Yoga to others. I am now a much more open minded person, as a whole new world opened itself up to me through this process. Attending YSA truly changed my life for the better and I now have a hard time imagining what I would be like had I not gone - I firmly believe entering this program was and will forever be one of the greatest things I did for myself. I hope anyone who is scared like I was will choose to take the leap, even if you are not planning to teach. This program is for any human who wants to grow and who wants to be more knowledgeable in the beautiful practice of Yoga - Mind, Body and Spirit.

