

Please give your review here.....

The course was fantastic. Life changing for me. ~~And~~ I immediately felt welcome, comfortable & part of a experience that would be with me forever.

Yogi Dinesh is an amazing & extremely knowledgeable teacher. Very refreshing to have a teacher who does not take himself too seriously & teaches w/ encouragement, love & best of all--- humor.

All the little extras were so thoughtful & beautiful experiences. Going to all the Temples, Parmath Niketan Ashram, the Fire ceremony before Holi and being able to participate in the ceremony with dancing was FANTASTIC!! What a fun-filled night. Then taking us to a delicious & great dinner. Wanting us to experience everything we could was truly a beautiful gift. Thank you :)

I thoroughly enjoyed all courses throughout the month. Ayurveda, alignment, classes etc...

The one issue that I felt was a problem was all the new people arriving in the middle of the course almost daily. I personally was not affected because I made sure to only take care of me. But questions are repeated daily and the room for our course did not allow space for all 200 hr students. We should have had first priority.

I am most grateful & thankful for Yogi Dinesh, Priya, Hemu and Uniyalji. I felt the genuine love & kindness. Having you as part of my life has been blissful. All my love 
Cristina

Please give your review here|...../...../.....



Thankyou ॐ Shanti ॐ for giving me one of the best months of my life! I'm leaving your school as a whole new man. I feel stronger in spirit and humble with ~~all~~ a smaller Ego. I'll never forget you all. And you haven't seen the last of me! I now know that I will come back one day so I can immerse myself in more training. I love you all so much. You are all such an inspiration!

Love

Clifford Lee Williams
111

Please give your review here.....

Slowly, slowly we finally completed the course. What an incredible experience. I am so happy that the universe led me to Om Shanti♥. I sense that some people were unhappy with the course quality however, I have to disagree. Not only is the teaching of each subject thorough and enjoyable, but the whole experience of unity and family blew me away. I did not only learn about yoga asanas, pranayama, meditation and philosophy, I also learnt appreciation, what the real meaning of Karma is, acceptance, compassion and care for everyone regardless of who they are. This energy and way of life and way of teaching is what makes Om Shanti so special. You do not need to compete with other schools because you are unique and I feel so lucky to have been led to you. I look so forward to visiting Om Shanti Ashram! Priya and Dinesh respect their students and their wishes, critiques, feelings which in turn gives me the upmost RESPECT for both of them.

THANK YOU a million times over for leaving me with so much more than I expected.

♥ ॐ ♥ Shannon ♥
♥ ? ♥

Please give your review here.....

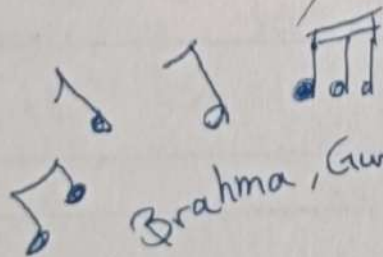
Thank you very much for creating a loving and safe environment for learning more about Yoga and improving our practice. You transmitted a lot of positive energy!

Dinash, you were also very encouraging in the practicum.

Priya, thank you for organizing everything so well!

Lots of love and hope to see you again in the future!

Linda



Gurur Brahma, Gurur Vishnu...

Please give your review here.....

THANK you for this beautiful, intense and delicious experience. I arrived as beginner at this formation, I leaved with light --- Not only about asanas, I learned so much about life, nature, univers, energy, people, love, PEACE! FOOD ☺! I leaved with so many tools for the life, to grew up in this difficult, strange and beautiful world of today -

Also, thank's of this month, I could refound the connection with my body and make peace with him - I learned how to start to focus your mind, and by the pranayama I could reconnect with the energies which are around and inside us - I learned how to make my life healthy, beautiful and happy. So good ☺

Courage, peace, patience, laugh, difficulties, friends, knowledge, love.

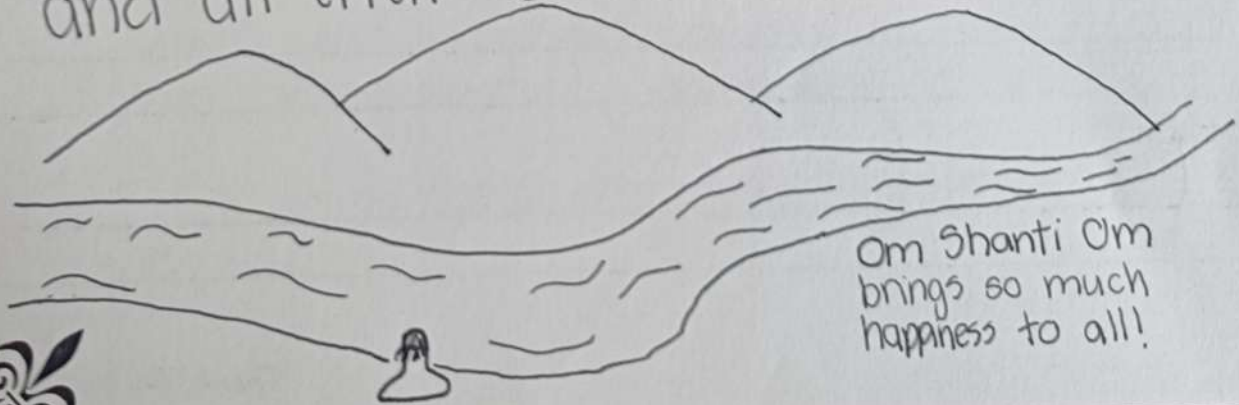
Never give up

Namastë

Anne

Please give your review here.....

Om Shanti Om represents so much love and happiness. For such a long time I have been searching for something unknown. I came to India to find it. For over 18 months, I lived in India still searching... It wasn't until Om Shanti Om and Yogi Dinesh that I was able to find what my soul was searching for... With every breath, mantra and asana I get closer to what I believe is my life purpose. Yogi Dinesh has made it all possible. He is certainly my guru and I hope that it stays this way for many years to come... I have full confidence that this is just the start of my life journey as a yoga student of Dinesh and all that Om Shanti Om has to offer.



Om Shanti Om
brings so much
happiness to all!

Please give your review here.....

I am very happy and grateful that I had chosen Om Shanti Om Yoga school for my JTTC. My main purpose was to get good practical knowledge on asanas and teaching methodology. Dinesh and Jitender are very professional and talented teachers. The I improved a lot in my asanas and also got confidence to teach.

Yoga shala, hotel accomodation and food was very good. I also enjoyed Ayurveda classes, wish there were for longer period.

I would also like to mention about which improvements can be done. I wish the quality of teaching philosophy and anatomy would be better. Also after students practicum I wish we had more feedbacks and discussions so that we can improve.

In general I am very happy about the course, knowledge I got here.

Specially I want to thank Priya for organizing everything and taking care of us!

Love and Light !

Vera

Please give your review here.....

I Really have enjoyed my stay, Binesh is
An incredible teacher, always bright & positive.
Pran works so hard organising time tables
& logistics always helpful & easy to talk to.
The course itself has been life altering,
the people, the realisations, the journey
has been something I will hold close
to my heart.

Thank you so much!
Om Shanti Om!

Please give your review here.....

Overall I came to Om Shanti Om as I felt it gave an authentic Indian experience.

I am happy in general with the course but I think there is room for some improvement.

- I found staff quite busy. I experienced a lot of physical pain here especially in the earlier weeks. I didn't find it easy to approach staff on this.
- At the end of the course most staff still don't know our names. I am an Educator at home and I think connecting more to students is important.
- Use of mobile phones during morning mantra, yoga sessions surprised me. It took away from the atmosphere.
- Teachers were often late. Little communication on any changes of plan.

OM SHANTI
SHANTI
SHANTI

SO happy to be a student and teacher (200hr)
of YOGA ✨

Please give your review here... true yogic teachings.. by the mother
Ganga - we are so lucky! ♥♥♥

How can we find words for the BLESSING

that has been our time at OM SHANTI OM.

We are only grateful ♥♥♥ thank you so much
to each of you who have shared the truth, love
and wisdom of yoga with us. Finding union,

between ourselves and the world is an incredible path
unfolding before us. This school, has become a
home filled with a family, team of generous, honest,

humble and AUTHENTIC people. Learnings have
been passed to us with grace and patience. We
have felt supported and appreciated at every moment.

Dinesh Gurm Ji ॐ (your charisma and light energises us all.

Priya ♥ your humble presence is strength and so powerful as you
complete so much work with ^{good} karma and a smile on face.

Jitendra Ji, wise, powerful and with a wonderful sense of
humour. Your voice is with us always in mantra, meditation and
pranayama. Thank you for being so honest with us and teaching so much.

Kamal Ji, the alignment master. A true yogi of Rishikesh who
we learn from in asana and in life. Amid Ji, you are an ashtanga yoga star,
and have transformed our practice.
Mrishunjay, so clever and so positive, the Gayatri mantra and yoga
philosophy is with us thanks to you. Swami Ji, thank you for sharing the teachings
of OSAT with us. You inspire us.

Munna and Unigal Ji, just thank you. Two incredible, positive,
caring and loving brothers. You cook from the heart and we love you!

EVERYONE! at OM SHANTI OM SCHOOL IS AMAZING. This yoga
and life school is something very unique. We can't wait to
return and keep sharing experiences with each of you. The happiness
we have here in Rishikesh cannot be put into words.

Our hearts are forever thankful to all of you!

Namaste, Simon and Tara
(monkey) ♥♥♥

OM
NAVASHIVA

Please give your review here.....

I've really enjoyed the course. Things have been falling into place for me every day. Accommodation and Food have been excellent. I like to eat a lot of Fruit so the breakfasts over the last 2 weeks have been great.

I'm not so academic in the class room and some times I've struggled to take in so much information. Some extra personal study time would have been a big help. ~~There~~ There has been a lack of balance in my mind and personal practice over the last weeks. By 8pm education is over, I can only reflect and mantra chant (sing + play)

I am very happy. I would recommend Om Shanti Om

Please give your review here.....

Thank you for a wonderful experience! I am happy to be here, to complete the course and to receive precious knowledge from your school and all teachers.

I wish OM Shanti OM further development, prosperity and a lot of students.

Namaste!

Please give your review here.....

Thank you so much Om Shanti!! So happy to have chosen this school to study yoga. You teach from your heart and for me, that is the most important in yoga and in life. You create a very warm and kind atmosphere in the school; really like a second family. I have learned so much, being in Rishikesh and in this school for a month. I feel very blessed for this opportunity, thank you for your teachings.

Starting with this TTC, I thought mostly of Asana's when I thought of yoga. Now I know that there is so much more and that yoga is in everything, every aspect of life. I hope to bring all this with me and to teach from the heart.

Namaste, shanti, shanti, shanti,

mangheerika

Please give your review here.....

I'm really happy of my training
and I will recommend it for sure!

Just for you, the philosophy teacher
was really too young to teach this
he needs more life experience.

he is too much focus on his Guru...

And for me, I needed more alignment
to adjust perfectly my student. We learn
the posture but not enough how to adjust.

Maybe less mantra and more technical
class.

All teachers super nice, super respectful,
no big ego.

School with super good vibes !!! ☺

I will come back for the 200h
next year

Thanks for all

Love

Flora

Please give your review here.....

I truly love it here, that's why I came back.
I feel alive here. I think you are all wonderful
people with amazingly beautiful souls. I gain
so much wisdom every day being here.

I'm incredibly grateful for the experience ~~and~~ and
being able to be surrounded by all the positivity
and support. I Love you all you help me
come back to love myself and working on
healing the mind and body. I will miss
you all. Om Shanti. Om is amazing nothing
needs reviewing.

Thank you.

Please give your review here.....

Om Shanti om yoga school has fully exceeded my expectations. The support and kindness that is offered here is remarkable. From my initial enquiries online I have received outstanding service. The teachers are knowledgeable, teaching us patiently and thoroughly. The accommodation is comfortable and clean. The food is delicious. Priya is kind and helpful to notify us regarding schedule and other thoughtful information. The schedule is busy and full so we make the most out of everyday. Effort goes in to external activities such as Vashishta care and the sunrise temple visit so we can experience more of this wonderful area. We are surrounded by kindness, motivation and positivity every day. I feel safe here and settled. Thank you.

Please give your review here.....

It's a well structured course, maybe a month is too short, as we were all too tired from practicing to have the time to go deep into the other subjects. (I understand and know there are many many things to say, that's ok! ☺)

I loved the ~~air~~ trip, maybe you could arrange or have contacts with some travel agencies to help us to organise views (of surrounding)

I think that you should provide correct food as I've seen all of the people buy extra (seeds, spirulina, proteins) to recover of the missing. It's ok we are in a ashram and follow rules (we discovered it 2 days before the course started). I think you had to inform people when asked before applying, but rules are for everyone. (Like arriving on time to lessons, mobiles switched off).

Please give your review here.....

Thank you so much for hospitality.
It was my first time in India
and I am very happy that I were
here in Rishikesh in Om Shanti OM
school.

God Bless You !!!

God Bless me ☺

Dinesh and PRIYA thank you so much.

Thank you all Om Shanti OM FAMILY !!!

With all my heart I wish YOU
every success, happiness, best of
everything, good health, LOVE 

NAMASTE !!!

Please give your review here.....

Amazing people and an unforgettable experience!!!
I was quite daunted at first as I think being 19 years old made the experience a challenge but to have come this far I have never been so proud! The accomodation was super and the location was nice to be away from the hustle and bustle of the main city. Loved the asana classes with Dinesh as the teaching style was fun and felt very happy throughout. Mantra chanting is something I have never experienced before being from Ireland and I found it great! The morning asana class was a bit too intense and pushed for me at times, but I think that was partly because I did not give myself any time to recover from jet lag. Anatomy was super and very well detailed, the same for Ayurveda although I think it would have been nice to have a few more Ayurveda classes. Philosophy was quite difficult to follow at times for me, and I felt his answers to questions were quite unclear and sometimes we were told they would be discussed later and they were not. At times I also found him quite intimidating but am unsure if that was just my personality. It would have been nicer to have some more study time for the test as by the time it was 8.00pm I was ready to sleep! Although this could also be due to my age. The food took me a while to get used to but after a week I found myself eating more and more, and can easily say as a non-vegetarian, I did not miss meat!

Beautiful experience overall, and although I found it tough at times, I would come back and do it all again. Thank-you all for a wonderful first yoga course experience and for making me feel at home in somewhere so far from Ireland!

~ Emma

Please give your review here.....

I loved my time at om shanti om!
In the beginning I was a bit sad, because accomodation, school and restaurant is saperated!
I think its nicer to have everything and everybody together in one community.

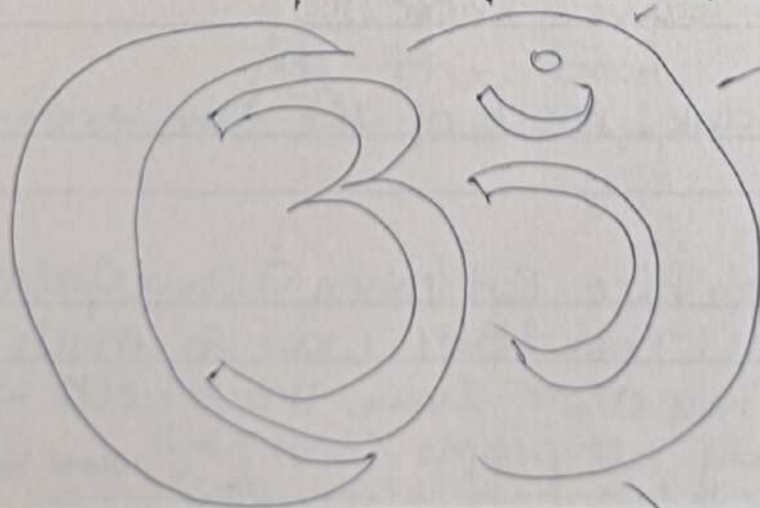
I loved the classes and I am sad, that the 4 weeks passed by so quikly. Would be nice to have more knowledge about some topics. Especially these I wrote to on the other side.

I loved ^{how} ~~about~~ everybody from the team cared about me and the other students. I feld very safe and welcome!

I loved the morning Puja and the Sunday adventures. The Arti at the ganga, The sunrise in the mountains, the Ganga puja. Very spiritual and very nice to have these expinences!

I like the yoga school. It became like a own home. Its nice to spend time in this lovely room

♡ THANK YOU FOR A NICE TIME ♡



Please give your review here.....

Thank ~~you~~ you, Dinesh + Priya, for an incredible teacher training. You made me feel so comfortable and safe through the whole process and it's so inspiring how you guys really love yoga. I feel like I learned so much at Om Shanti and also learned how much more there is to learn. I loved all the outings you planned for us on Sundays and the special events like the concerts! I especially loved philosophy class, ayurveda class and the meditations - especially osho and chakra! Thank you so much! Much love.

- Eryn

Please give your review here.....

My experience in Om Shanti Om is way above and beyond my expectations. All of you - Dinesh-ji, Priya, Jitender-ji, Lanna, Amit, Mrityunjay, Dr. Usha, our Osho Meditation Teacher, Kapil, Mona/Cherry, Anu, the cleaners are all very kind, welcoming, nurturing, humble, good role models, knowledgeable at your jobs, practical, funny, conversant. I am so happy and thankful for all of you and I wish you all the best.

Love you OM SHANTI OM! :)

Some suggestions:

- ① Clarify expectations on the website so that all students are clear on what they will get from the program (we have some classmates who kept complaining because of their incorrect expectations).
- ② Language barrier between teacher & student - I didn't have a problem with this, but I observed some of our classmates having issues, distracting the rest of us.
- ③ Food - maybe include fresh fruit juices esp. for hot weather, even if it means adding a few \$\$.
- ④ Silence Day - reinforce this 100%. a lot of students were not silent in words, actions, movements.
- ⑤ Keep up the good job!

Please give your review here..... GRATITUDE !!

LOVE OM SHANTI OM YOGA SCHOOL
LOVE THE TEACHERS, LOVE THE
PLACE, LOVE MOTHER GANGA...
LOVE♡ LOVE♡ LOVE

IT HAS BEEN HARD FOR THE LANGUAGE
BUT I HAVE ENJOYED VERY MUCH
I FEEL GRATEFUL FROM THE DEPTHS
OF MY SOUL

THANK YOU DINESH, PRIYA AND
ALL THE FAMILY OF THIS SHANTI
PLACE "OM SHANTI OM".

I GO BACK HOME WITH MY ♡
FULL OF LOVE, BEAUTIFUL FEELINGS
AND A LOT OF LEARNING THAT HAS
JUST BEGUN.

LOVE YOU ALWAYS ♡😊

CECI from Chile *

NAMASTE

hope you can understand!! (language)

THANK YOU FROM MY HEART JYENDER, KAWA, MRITYUNJAY, AMRIT, AYURVEDAS TEACHER,
THE PEOPLE FROM THE KITCHEN AND ALL !!! *

Please give your review here.....

This TTC at OM SHANTI OM. for me was a spiritual journey.

My expectations from this course were to improve my asanas, gain more knowledge, deeper understanding about the yogi life and philosophy.

I found this course as a gate to expand my wish and will to study more and gain the countancy and Self Discipline.

Even though I expected other kind of structure and Organization of the course overall I learnt to adapt to what is and see the Benefits in everything.

The practice and classes with Yogi NIKHIL and PRIYA I found them very well structured, knowledgeable, pleasant.

I found in my teachers a model to be followed and inspiration.

They are genuine and I am grateful that I had the chance to start my YOGA JOURNEY at "OM SHANTI OM".

Suggestion: More teaching classes + PRANAYAMA

NAMASTE!

Please give your review here.....

and personal achievement

I really enjoyed my time here, I have learned so much. It was tough at times but such an amazing experience and learning opportunity. All of our teachers have been fantastic and have supported us and taught us a lot.

I really enjoyed all of the outings that we did. I would love to come back to Om Shanti Om again, and would recommend it to others.

Please give your review here.....
and personal achievement

This course was lovely.

Many times I ate Gluten and Dairy when the chef said the meal did not have those things. But he was wrong. So **INFORM** your chef about **PRODUCTS** that contain **GLUTEN** (he thinks if something is wholewheat then it does not contain gluten, but he is WRONG). Be careful of poisoning people with Celiac disease.

Other than that, it was amazing. I feel ready to teach. The teachers were wonderful.

I made many friends.

I will go home and continue learning.

I think the school should give us a list of books to buy. To read more & study more.

I enjoyed! Thank you. I will come to visit. Maybe do 300 Hours.

Namaste

Please give your review here.....

and personal achievement

I learned the scorpion pose and will definitely work on my inversion going back home. I am really happy to come here although it has been quite tough on me since ① my first visit in India ② I have been sick for 2 weeks

^{BUT!}
③ winter time. I really appreciate all teachers time and knowledge. Thank you so much!

Please give your review here.....

and personal achievement

Loved it! feel like I've learnt
so much & changed in lots of
positive ways. Couldn't have wished
for better teachers.

THANK YOU everyone!!

especially Priya, Dinesh, Jitendra

I feel really happy I came
here

Please give your review here.....

and personal achievement

I really enjoyed the program and am hoping to return for the 300hr AC.

The instructors are enthusiastic, compassionate and well educated.

I feel like I had an authentic experience ~~as~~ and was glad things were kept simple (like food and accommodations).

I enjoyed the excursions and group activities.

As someone traveling to India for first time I could have used a little more help in advance of my visit (with transportation, packing, what to expect) but realize I could have asked.

Also, I did not know what this test was going to cover ~~as~~ and everyone thought it was multiple choice so I think more info could have been provided for this and the practicum.

As for personal achievement I am proud I made it to every class and I kept my discipline of no social media, TV, etc.

I also learned and accomplished a few new postures and feel stronger and more flexible and I am excited to walk away with a meditation, pranayama and asana practice.

I look forward to ~~be~~ living a more ayurvedic lifestyle and to sharing ~~my~~ my new learnings with friends and family.

Please give your review here.....

and personal achievement

Omshanti om is very good school for people who want to become new yoga teachers or just do something for themselves. During short period of time I learned a lot about yoga, different techniques and healthy life.

Sometimes it was exhausting but I learned this is my tapah which I have to overcome for higher purpose.

I will come home with great experiences, new knowledge and lovely memories.

Thank you.

Please give your review here.....

and personal achievement

I gained a lot of self confidence in aligning the asanas and with my knowledge about asana practice. I will take so many thing with me in to my yoga teaching. I have less criticism in general now, it makes every day life so much more light and cheerful 😊

Full of gratitude toward all of the teachers and managers cooks and stuff that made this all possible.

It is very good to continue from this point. Thank you ☺

Please give your review here.....

and personal achievement

DEAR ALL FAMILY OF OM SHANTI OM,

YOU HAVE FILLED THIS MONTH FOR ME WITH SO MUCH WARM,
THROUGH THE GUIDANCE OF YOUR TEACHINGS, AND THE GRACE OF
SWAMI YOGANANDA JI MAHARAJ AND MA GANGE!

I AM FOREVER GRATEFUL FOR WHAT HAS BEEN GIFTED FOR
MY LIFE THROUGH YOUR PATIENT, AND LOVE FILLED TEACHING. I HAVE
GAINED NEW CONFIDENCE IN MY UNDERSTANDINGS OF TRUE YOGA, AND
FEEL SO FORTUNATE TO HAVE SOME OF THIS LIGHT AND KNOWLEDGE TO
HOPEFULLY SHARE WITH THE WORLD AROUND ME.

THE WARM, FAMILY ATMOSPHERE YOU HAVE CREATED AND
FACILITATED FOR US HERE IS A TRUE MARVEL OF COMPASSION AND
YOGA. NOT ONLY IS YOGA BEING TAUGHT HERE, BUT IS TRULY BEING
PRACTICED BY ALL THE STAFF, THE ATTENTION TO DETAIL IN RITUAL
AND CEREMONY CREATED SO MUCH PEACE AND HARMONY WITHIN ME
THROUGHOUT THE COURSE. I LOOK FORWARD TO SHARING THIS WITH OTHERS
IN MY LIFE AT HOME. REMAINING FOCUSED ON THE TURN INWARD TO
SELF AND GOD WAS SO MUCH SIMPLER IN THIS ENVIRONMENT YOU'VE
CREATED!

EACH OF MY TEACHERS WILL ALWAYS HAVE A SPECIAL PLACE
IN MY HEART AND MIND (AND QUITE POSSIBLY POOTABLE!). I AM
ETERNALLY GRATEFUL FOR THIS EXPERIENCE, AND LOOK FORWARD TO
MAYBE RETURNING ONE DAY FOR 300 HR TTC!

I LOVE YOU ALL OM SHANTI OM!

HARE KRISHNA, HARE KRISHNA, KRISHNA KRISHNA, HARE HARE
HARE RAMA, HARE RAMA, RAMA RAMA, HARE HARE

OM TAT SAT

♡ RUSSELL LONG USA/CA

Please give your review here.....

and personal achievement

I think it would be enough for me to do only the last week of the course because the 1st week I was more less repeating everything from October.

I still enjoy very much the quality of the course but I think the organisation of it could be a little bit better (ex. having a proper room for the classes, not skipping some of the class).

But thank you anyway for the time spent together! I hope next time I come back I will have opportunity to learn again from my precious teachers by joining some yoga classes and satsangs. I hope we will stay in touch!

Namaste

Kamie

Please give your review here.....

and personal achievement
Thank you very much to all at Om Shanti Om for my 300h TT. I felt looked after, fed well & enjoyed my course subjects, teachings & overall experience.

As I explained on the other side of the paper I didn't enjoy living in the other hotel but I felt much happier moving to Om Shanti. I feel you have a great atmosphere here & the staff make the experience very special.

My personal achievement is what I will take away with me to implement into my daily life. I'm looking forward to returning to my country & starting a routine. I'm also proud of myself for teaching 4 classes. I'm not happy public speaking for me this is a real challenge. I'm grateful that I had wonderful class mates & teachers to support me.

I think for me to feel comfortable teaching others I need to work on my confidence but we will see.

Again thank you to all the staff & teachers who made my stay at Om Shanti om one I will not forget.

Please give your review here.....

Overall this has been a wonderful experience that will stay with me. I have enjoyed learning about all the different aspects of yoga not just the asanas. I would however like to have had more of a focus on teaching or learning to teach in both ^{theory} classes and our practice (yoga asanas). I feel that this was not covered as well as it could have been on the course. A few classes on how to structure a yoga class, and how to be a good teacher would have been helpful. I enjoyed all the tutors and thought they were all very good at their particular subjects. I would have liked more information before the course about what to expect from it, from the subjects to the clothing to wear etc.

Regarding the incident with Ashok; I think this was handled very badly. I don't think they should have been 'put on trial'. I think they should have been spoken to separately and this event left me feeling really upset. I also don't understand the 'silent days'. I think a lot of people thought this was some form of a punishment and I don't think it really works when we have classes and need to speak in those classes. If it were a retreat I fully understand but didn't understand it here. I will leave with a lot more knowledge than I came and hopefully a more rounded & grounded & satisfied person. Thank You All so much. Namaste

Name: Mel

Yoga Asana

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Yoga Ali

Kamal

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Yoga Phil

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Please give your review here.....

I have had a wonderful experience at Om Shanti Om. I truly appreciate the holistic approach to yoga teacher training - in America, schools seem so "asana" focused, but here we covered everything. The authenticity + tradition that is maintained throughout the ashram is very reassuring. All of the teachers are so knowledgeable + talented. It makes total sense for each of them to be teaching the classes they are.

There are, however, a few things I believe could use acknowledgment. Discipline: the rules state a specific dress code + there were many times that dress code wasn't withheld. I found it disrespectful to the ashram + not appropriate for cultural absorption. I know that you can't always see what is going on in the yoga hall, but maybe the rules can be a little more clear/enforced.

Consistency. There were a lot of things Dinesh^{ji} would do in yogasana class, but when a student did the same thing in practicum Virendra ji would say it was incorrect for classical Hatha yoga.

Also, satsang consistency: I believe if it's on the schedule it should be prioritized as a class.

With that being said, I truly enjoyed my experience overall (minus the drama with Ashok + how it was handled). I am considering coming back to Om Shanti for my 300 hr in the future + hope to have an even better experience w/ less distraction!

Lots of love ♡ Hari Om

Please give your review here.....

OM SHANTI OM, I ONLY HAVE TO THANK YOU FOR THIS AMAZING DAYS HERE. I LEARNED A LOT WITH EVERY TEACHER HERE. I NEED TO SAY SORRY FOR ANYTHING I COULD EVER DO, AND REALLY THANK YOU FOR THE SUPPORT AND UNDERSTANDING WITH MY HEALTH ISSUE. YOU WERE VERY KINDLY IN MANY WAYS, AND FOR ME, THIS IS AN EXAMPLE OF YOGIC LIFE.

THANK YOU PRIYA FOR GETTING ME ATTENTION WHEN I NEEDED MEDICINES

THANK YOU JITENDRA FOR ALL YOUR WORDS AND SUPPORT

THANK YOU KAMAL FOR PATIENCE DURING ALIGHTMENT

THANK YOU KANA FOR ALL YOUR BODY KNOWLEDGE SHARED

THANK YOU DINGSH FOR WORK HARD FOR THIS HAPPEND.

THANK YOU KITCHEN STAFF FOR ALWAYS SERVE US HAPPILY

THANK YOU CLEANING STAFF FOR MAKE OUR ENVIRONMENT MORE PLEASURE

NAMASTE

HARE OM

OBRIGADA!

RAFAELA

To

Dinesh & Jitendra,

I just want to say thank you so much for everything. You both have helped me in so many ways. I want you to know that the job you do is so important it gives people a place to come to rebalance and deal with things they have locked away for a long time. I really feel a piece of my heart will be left here in Rishikesh, in this ashram. I am already trying to work out when I can return to do 500 hours.

For me everything was perfect I will be recommending this school to everyone I meet.

I feel so blessed to have been able to know you and learn from such amazing teachers. Thank you Thank you Thank you!

If you ever visit Scotland let us know and you will always have a place to stay.

Namaste, Laura Lowe (Scotland)

Om namah Shivaya

Please give your review here.....

Om Samti' Om
Yoga School Rishikesh. I am student of
Om Samti' Om Yoga School for TTC in
october and I really like an Om
Samti' Om staff teaches any non teaching
staff the very good work teaching,
Environment, Food and etc. I finished
my TTC too but and I really
like Om Samti' Om Yoga School. and
very good knowledge by me I am
so happy. I like a hath yoga, suri-
namaskar, ashtanga, one time
yoga in out of town very nice
time table - working and very good
work of all Om Samti'
Om Yoga staff.

Thank You

Please give your review here.....

When I came in this school, I
thought that how to pass this month some
confusion in our mind because I learned
my home, family members. First day, I enjoyed
opening ceremony. I started to teach about

Asana, pranayama, yoga alignment etc.
Really, I can't believe, whole month
pass easily, yoga alignment class taken
by M.R. Kamal sir, its good for me.

I also inform you that
our yoga philosophy class is the best
of all over class, Because proper
knowledge of yoga provide us. I feel
yog. M.R. Jitendra sir is good in your
subject. he is a spiritual person.
I learn much in our life.

Bhumi, Dimesh. Chander can take
good class of Asana. he taught
asana with fun. so, good skill of
yog. overall I say, all are good,
— Thanks.

Please give your review here.....

and personal achievement

- (+) I really LOVED this course! The knowledge that I have acquired will help shape my future.
- Jitendra - is an amazing teacher. He is clear, concise, punctual, present and very knowledgeable. He is very personable, and engaging. ~~I don't think that the class was~~ ~~that good~~
- (+) Dinesh is a fun, dynamic, playful, soulful asana teacher. Sometimes the warm up was a bit too repetitive. He has a large repertoire of asana knowledge so it would be good to mix up the classes with different asanas.
- (+) Kamal is intuitive, thoughtful, diverse and knowledgeable. His alignment class was interactive and practical.
- (-) Anyveda Teacher was 30 mins late to nearly every class. Unprofessional, aloof.
- (-) I do not think that ~~people~~ individuals on a retreat should join our classes. It does not make sense for them to be taking our 200hr classes as they don't have the intention to teach.
- (-) Asana classes should be ONLY taken by Dinesh + Kamal. Student practical classes should be marked by Dinesh + Kamal.

PERSONAL ACHIEVEMENT

- * Held my first class and committed to learning for 1 month.

THANK YOU TEACHERS ♡ ♡

Please give your review here.....

and personal achievement

definitely recommend this
course - teachers are amazing, so
passionate + devoted, and inspirational.

so much to learn here not just in
class but by the leadership of the
crew - no problems, simple devoted
life + focus and energy on
beneficial practices + way of life.

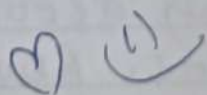
made us feel so welcome + included
in yogi life straight away.

Such a fun and vibrant place to be
and teachers are joyful + playful.

personal achievement is more
understanding and greater

desire for more knowledge.

Thank you Om Shanti!



Please give your review here.....
and personal achievement

I am grateful I found/re-discovered my ^{disiples} self.
I had a challenging experience which I grew so much
from emotionally, spiritually, mentally everything is always
perfect I learned so much from the program
the teachers and the staff overall I am
very happy and excited to practice and
grow and teach. I'm very happy with
all the progress. Thank you so much
to all the teachers and staff who
made such a beautiful experience!
Thank you for being my first 200hr
Yoga training! I realize I have so much
to learn and practice and I will do
that at my own pace thank you for the tools
Thank you Thank you Thank you !!!

My favorite was the closing prayer
Thank you for this!

Name: []

Yoga As
Nic

Yoga

Yoga

Pran

Yog

Ay

N

Please give your review here.....
and personal achievement

I had a really nice time here thanks to all the teacher. It was a challenge for me because my body has no energy but I feel that the training gave me new energy and discipline for my life.

It guides me to construct my own discipline at home for food, yoga practice and daily routine!!

Thanks for everything!

PS - the food was amazing!!!

Please give your review here.....

and personal achievement

First two weeks were very challenging for me since I was feeling lack of motivation mainly from Anatomy class, was draining my energy. And also because I study before, was very superficial knowledge at times but mainly focus on the body, needed more meditation and more spiritual approach.

After talking with Dinesh and explained I decided to stay and the last two weeks have been very rewarding. No more Anatomy, but Ayurveda, Meditation and Satsang, was what I was asking and needing.

I found both, knowledge (ancient knowledge) compassion, deep understanding and transformation within myself. So grateful.

I would ask for deeper approach to Yoga and the practice to elevate the energy in a different dimension. But that is only my personal opinion.

Thank you all the teachers for the dedication, enthusiasm and knowledge.

♡ Love is the bridge to transformation

Please give your review here.....
and personal achievement

Thank you so much, most of all!

I had a very good learning and experience overall, good teaching, good teachers, good food and good accomodation.

A few things I thought could be improved, were anatomy classes and (Alignment classes. Adjustment

Anatomy classes taught students about general movements of the body, shoulder and hip bones, & arm (wrists - fingers) in particular, but it didn't have a clear connection to Yoga asanas and ~~how~~ our understanding of it.

I wish we had more teaching methodology (modification for example) and how to adjust postures with our hand (this was the most lacking part.) But overall,

I learned so much from great teachers. it was amazing!! Thank you so much!!

Please give your review here.....

and personal achievement

I'm very happy I joined the course at Om Shanti Om.
I learned a lot, and I loved all the teachers.
I found this last month very transformative for me,
on many levels.

I was looking for knowledgeable teachers and I
was not disappointed. You all teach with love,
passion and humor. I laughed a lot and I had
a great ~~time~~ time. Thank you!

Namaste

Please give your review here.....

and personal achievement

I feel so thankful to have chosen this school. I met amazing people and challenged myself on every level.

I'm excited to take these memories and stories back home. I feel so inspired to keep learning so that one day I can be a confident and helpful teacher to ^{other} students of yoga.

Thank you to all the teachers, kitchen and hotel staff ♥

Very lucky to spend the month here in Rishikesh with you all.

Many blessings and bliss,

Om Shanti

Namaste

~ Holly

Please give your review here.....

and personal achievement

It was great time. Really.

Before, I've been doing only Asana.

Focused on only Asana....

Now, My world is expand. Especially philosophy
and meditation class etc.... Really.

I want to study more philosophy. I'll read
a lot of Korean book about philosophy. And,
I'll try to do meditation every day.

And, I'll have more soft mind about Asana practice.
Because, Before I had a pressure about Asana.

Do more Asana.... Want to do amazing asana.....

Now, I change. I know, Yog is not only Asana.

Thank you for giving me this knowledge.

And Thank you for ~~you~~ everything.

You always give me good energy.

I cannot believe, a Month is so fast.... ~~this~~ During
this time, I had a lot of thinking and

Every day my thinking & emotion was changed....

So many Chitta Britta... of course, I know, I'll
meet this situation. But I know too, I'll be
better and better. Thank you. Namaste.

Please give your review here.....

and personal achievement

It was such a happy time. Loved to have my birthday here. Thanks for the ceremony. I learned a lot and will take a lot with me home.

It was a challenge but everything made with a smile.

I'll always remember this forever.

Also recommend to all my friends.

Learned a lot to take with me.

Loved all the extras we did.

I just think it should be another teacher for Philosophy and Pranayama

Please give your review here.....

and personal achievement

Thank you very much for such a great course
I enjoyed it very much. I learned so many new
things, improved my physical body and mind.
Dinesh is great, such a great teacher, so nice
kind and also help motivate and push people.
I couldn't ask for a better teacher.

I think all teachers were quite good, however
I found philosophy class too advanced for people
with no background and I don't think the teacher
was open for discussions and questions. He ignored
people's questions, or just didn't want to discuss
the topic, so I felt that we missed some important
information.

Besides that, people in the course were great,
I made *new friends and had tons of fun!!

Thank you so much Dinesh and team
You are amazing 

Name: Sanya

Yoga Asana
Real

Yoga, Alik
Ne

Yoga Phil
Ne

Pranay

Yoga A
G

Ayur
N

Mar

Sa

M

Please give your review here.....

and personal achievement

thank you for this amazing journey.

I've learned so so so much. Not only about yoga, but also life-lessons for myself.

I am very grateful for the guidance.

for me the theory was a lot to learn in a short time. It would be nice if you send the reader in advance, so students can prepare themselves. Or advice a good yoga book to read. It would also be nice if you tell students in advance how to prepare physically for advanced asana's. I would have loved to be prepared and also asked how I could do that (with whatsapp). maybe that's something for future.

Over all. I loved it.

thank you sooo much!

Please give your review here.....

and personal achievement

Nusha recommended Om Shanti Om and that I would love the way of teaching and humor of Dinesh. And she was totally right.

I loved it! And would also really recommend it to others!

Rishikesh also was really nice and much more relaxed than my first experience in India 13 years ago.

The course was quite intense with full program

Normally I am never sick but here I had a lot of issues with my health and energy so unfortunately I missed some classes.

My first class teaching was really nice and I will remember all what I have learned here and the beautiful people I met.

I will look back at a great time.

Thank you so much and keep on going!

You all do a great job and was a pleasure to learn so much and live here and be a part of it this month.

Please give your review here.....

and personal achievement

Thank you very much for your time and for teaching us I really feel very grateful and happy for everything I have learned.

You are an excellent teacher, you can see and feel the love with which you carry out the different activities.

I think that the school can modernize a bit and improve its pedagogical part so that it continues to grow.

Thank's.

Please give your review here.....

and personal achievement

I really enjoyed being here and get the chance to participate at the TTC in March.

Sometimes it was hard for me, about the schedule and the subjects, but it was challenging and I'm so happy I made it!

Teachers are amazing, full of knowledges and full of passion. They love to share it with the students.

Everyone were so nice and kind!

Personally I got into an healthy routine : YOGA every day, waking up early, meditation and good food.

I got strenght in my body and in my mind.

I hope I will keep this routine and keep following my dreams.

Teacher Dinesh is amazing, full of happiness and power, sometimes you feel tired in your body and your mind, during the course, but he always know how to "make you light" and focus.

THANK YOU VERY MUCH for everything!

Please give your review here.....

and personal achievement

I'm so happy to be opportunity to accept all knowledge, traditional way of teaching, to see cultural things same special in each person, whom I met here. Om Shanti Om gives the best atmosphere to learn about yoga, also a lot of thing about ourselves as a soul, to take up this invaluable knowledge, to feel how it works with you, because I felt myself in safe, in care, with positive vibe, all person whom I met here, were so kind, helping, smiling with open-heart.

My personal achievement as a teacher of yoga: I understand deeply the meaning of "yoga" as a union for me it was the way to look ~~for~~ with another view. It's about accepting, and loving what're doing, I enjoyed a lot during practice of yoga class. I'm so inspired of practice Dinesh Ji, the way how to teach, the way how to care about your students balance-discipline, pleasurable atmosphere, relaxing and at the same time to teach with the sense of not experienced person, from the sense of feeling how to understand your student, each one, & how to reach everyone in proper way, give good advices, sometimes to encourage, sometimes to give motivation. Thank you so much! My time in Om Shanti Om was memorable and the best one to experience.

Please give your review here.....

and personal achievement

I had no expectations I just wanted to go to India to learn the pure, authentic wisdom of yoga not as an exercise, but as a lifestyle and I was happy to find it here. Everyone in the Ashram is so friendly and you feel calm and loving energy here from the Chef to the cleaning lady.

You don't ~~for~~ have the feeling that they do it for money, they do it because they want to pass on knowledge.

The service was also very good, they try to help you with everything. And the lessons are very very well planned to get the best out of the 200 hours and you have a great balance to every class.

The teachers really know how to teach and you never have the feeling of being overwhelmed. They also have a very high quality food which is always freshly made with things from their own garden.

For me I wanted to learn Yoga above from Triendo and exercises and I learnt it here. ~~And~~

~~And I learnt to~~ And they were also a great inspiration for me to treat everyone with love and kindness, ~~what~~.

Thank you from all of my heart. B

* Also the outdoor activities were so amazing and I really really liked them. For example the outdoor yoga at the Ganges.

Please give your review here.....

and personal achievement

I've been attracted to Indira since young age.
A friend recommended me Om Shanti Om Yoga School
and I just dove and came. The time had arrived.
I arrived here. Super well received.
This month here was unbelievable. Everybody is
so unique and kind. All the teachers are
amazing. Cherry and Sandeep always preparing
good food and ready to help. The clean lady
always cleaning the floor and stairs that we
walk barefoot. Comfortable room.

I loved! I'm really thankful, really grateful
for this. Feel really lucky that the Universe has
brought me here. With all the knowledge
all the Guru Ji passed. Now it's time for
digestion and then to go deep: I felt at home.
Thank you once again.

Wish you All The Best.

Love,

Indi

Please give your review here.....

and personal achievement

THANK YOU SO MUCH FOR THIS EXPERIENCE!

I TRULY ENJOYED MY STAY + STUDIES AT OM SHANTI OM.
THE STAFF IS KNOWLEDGEABLE + CARING AND FUN, THE
ACCOMMODATION GREAT, THE SCHEDULE WELL PLANNED.
GREAT ALSO TO HAVE MOLLY AROUND !! I BELIEVE EVERY-
THING TRULY HAPPENS FOR A REASON - WHEN + HOW + WHERE
IT IS SUPPOSED TO. SO OF COURSE THE GROUP WAS A GREAT
MATCH + BEAUTIFUL, I FEEL VERY AT HOME HERE ~~AND~~ IN MANY
WAYS!

MY GOALS WERE TO LEARN ^(ARJUNA) YOGA FROM THE START/ROOTS
TO DISCIPLINE MY BODY MORE BE HEALTHIER, COMBINE
YOGA IN FUTURE WITH ^(MY WORK) MASSAGE THERAPY. AND TO HAVE
A NEW + BEAUTIFUL EXPERIENCE.

AND IT HAPPENED! ACTUALLY I REALIZED THERE IS SO MUCH
MORE TO "YOGA" THAT YOU CANNOT LEARN IN 1 MONTH +
WANT TO CONTINUE LEARNING. I RESONATE W/ THE PHILOSOPHY
ALOTS I FEEL SO STRONG + HEALTHY (AND A BIT TIRED ;))
AND WANT TO MAKE THIS A HABIT + KEEP PRACTICING.
I AM PROUD OF MYSELF FOR PUSHING THROUGH AND BELIEVING
THAT I CAN ~~BE~~ DO A PHYSICALLY ACTIVE COURSE!

I THINK THIS ONLY THE FIRST CHAPTER OF A LONG
BEAUTIFUL JOURNEY OF ~~YOU~~ PURSUING YOGA ACTIVELY
IN THIS LIFETIME.

THANK YOU FOR MAKING IT AN AMAZING ONE.

I AM SO HAPPY THAT OUT OF SO MANY, I CHOSE THIS SCHOOL
YOUR INTENTIONS ARE PURE AND LOVING. KEEP DOING WHAT
YOU DO AND SPREAD BEAUTIFUL YOGA TO THE WORLD + SO WILL
THANK YOU TO DINESH + THE ~~LOL~~ WHOLE TEAM + STAFF
AT OM SHANTI OM. ALL IS ONE. ONE IS ALL.

-JENNY ♥

Please give your review here.....

and personal achievement

I liked all the teachers, the lessons, all the people who work here. I was filled with knowledge, spiritually, I became cleaner.

I thank all, everyone.

I love everyone and everything around me.

Please give your review here...check front page¹¹
and personal achievement

Personal achievements:

Through our amazing teacher Dinesh ji I personally was able to do a lot more asanas than in my previous practices (which weren't a lot..)

I'm happy to be able to learn from different teachers new ways of teaching and practicing.

It made me realize how much more there is to learn in this Yogi path and how, with consistency and discipline, the benefits of all our practices are useful for our daily life back home and our overall well being.

We all are students for most part of our life's and I hope we can and could learn from each other in a more compassionate way.

Thank you very much for this great experience!

Om Shanti,

namaste



Please give your review here.....

and personal achievement

People, connection is most important thing for life, especially for studying life. I found all the teachers of our school as good in theory and - what is more important - in practice.

Now Dinesh is my yoga-guru, not a teacher. He has blessings to be an instrument of God, to share his knowledge and make it in a very easy way.

I would like to have more hours in aurveda.

And my personal achievement - to strength my body doing hand-standing and Scorpio - postures.

Also I understand better hindu religion and sanskrit words.

DHANNIA VAAD to all ! ♥

Please give your review here.....

and personal achievement

every thing is good

but. I felt that the class became

Poor from the third week. Karan Ji teacher.

felt like he didn't prepare the class.

Properly and he didn't. any different assignment
our posture.,

and I hope we can have a more.

balanced meal.

Thank You teaching me !.

Please give your review here.....

and personal achievement

Thank you to Om shanti Om Yoga School.

It was my life changing experience.

It was very helpful to be yogi.

You taught me how to live yogi lifestyle.

I ^{was} just looking forward to Yoga Asana but

I could get many things beyond Asana.

Thank you ♡♡♡

Please give your review here.....
and personal achievement

Overall course satisfaction is good enough,
but alignment classes were very low level.
Practicum feedback were terrible.

Teacher even didn't watch the practicum
properly. he was watching on his mobile, and
sometimes he left classroom. The attitude of
teacher toward to practicum was very bad.

Philosophy and pranayama classes were wonderful.
Morning Yoga classes also wonderful. But afternoon
yoga classes were not that excellent.
More ayurveda classes wished.

Please give your review here.....

and personal achievement.....

I cannot think in a better school ~~where~~ to start my yoga journey. I felt at home, we created a family. And this is only possible if people is comfortable. You do a great job to create this environment to flourish.

The level of the classes and the teachers is admirable. There is a lot of knowledge that I would like to stay longer and be able to process it. My body is much strong, flexible and healthy. And my mind much more relaxed and clear.

I can see how Dinesh takes care of all details to have an amazing experience. As he does in his ~~asana~~ yoga asana practices, he directs the school. With motivation, it is strange, but I feel is like a ~~the feeling of having a~~ strict and relax school in the same time.

there is discipline, but you want to do this discipline.

there is a magic energy in this school.

For my personal achievement I would say that I learned a path of life by practicing. Follow all the recommendations not only by theory, but also by practicing. help me to understand their benefits. So I will continue to practice all this knowledge in my way.

thank you for creating such a lovely and beautiful school. ♥

Please give your review here.....

and personal achievement
personal achievement.

- more clarity
- flexibility
- more understanding

Really enjoyed the good days at Om Shanti,
enjoyed ~~staying~~ staying at this peaceful, calm
environment... family oriented, full of love...

Refreshing.

Thank you everyone for all you do to set
the ambience and ~~to~~ allowing me into
your home... Om Shanti will always be
in the corner of my heart...

Please give your review here.....

and personal achievement

Thank you so much for this wonderful time and great teachings in the last 3.5 weeks. I really appreciate all of it: the teacher, the staff, atmosphere & group dynamic. It has been a really happy place for me and I've always felt appreciated. Even when my energy was running low on some days, the classes & the people provided me with extra strength and energy it was simply beautiful. When I came here, I wanted to improve my own yoga practice and wasn't sure about teaching.

Now after this YTT, I realized how I love teaching and sharing my knowledge... ~~that~~ it's simply amazing to let my creativity flow and create classes... it simply fills me with joy and a smile on my face.

Thank you for this experience!!!

This training ~~has~~ also helped me to be more conscious... and live a healthier lifestyle than at home. It might be about discipline... but here everything seemed easier and more fun. I'm really, really happy!

Please give your review here.....

and personal achievement

- I learned a lot about yoga, having this holistic approach was made a lot of progress with ^{what I expected.} yoga practise, and it makes me feel learned about myself ^{Really powerful.} met wonderful people. I absolutely loved teaching my 1st lesson and I am considering doing it again. I realized that I was happy being myself and it is ^(beginning of the retreat I thought I could never teach) a very good gift to ~~the~~ ~~unpack~~ at the end of the retreat.

~~Thank~~ Thank you for the transmission, I feel grateful and enriched.

A few thoughts I had in mind:

- Have a bit more psychological guidance about what we are experiencing during the retreat because it can be very intense physically, emotionally & mindfully. Make sure to have space for people to open up, or at least having support of ^{in a vulnerable way} the guru in saying that it's normal*. We had such an amazing group so we could find great support but it would have been way harder with a less close group personally.
- I think it is very important to say before the practice that ~~it~~ it is ok if some students are not comfortable being adjusted because "your body is your temple". I became aware of this because I had a yoga teacher touching me in inappropriate spots of the body during Shavasana and it felt difficult afterwards to be adjusted and to give trust again.

* What you said Dinesh yesterday: yoga is also purification so it is good to let it go and cry. Otherwise people think they need to be tough all the time, and it makes it harder for them to surrender.

Please give your review here.....

and personal achievement

Om Shanti Om is the best yoga teacher training school in sikhresh. Dinesh Sir, Kamal Sir, Jitendra Sir all the teachers are great and always care for everyone.

I am blessed that I became the part of this pure family. This month went so fast like I just had some days. Moli^o was the one who use stay outside my room. Schedule was great and Sunday were more funday. I have achieved the lifestyle which is necessary in yogic life. I am always grateful to

Om Shanti Om for hosting me for this course. Thank You

Dinesh Sir & Priya Mam.

Hope to see you again.

Please give your review here.....

and personal achievement

First of all thank you all so much for giving me a chance to learn here, so thankful to be the student of Dinesh Guriji! This place 'OM shanti OM' attracted me and I couldn't resist but stay here. Everybody here made me feel so comfortable and at peace. I never thought I could do Yoga but after coming here, I got to know myself and the value of Yoga.

I would love to come here again and improve myself more! and more.

It's a must stay here. Really enjoyed myself in this ~~200~~ 200 hours. I found and improved my flexibility and my spiritual energy. Dinesh Guriji gave me

so much knowledge I will forever remember and pass it on to my beloved ones.

Namaste. Shukanya ♥

Please give your review here.....

and personal achievement

in here. I could meet good person.

Dinesh, other teachers, yesha, yoga, lee. Vadim,
edua, filan, kraushick.

So It was so lucky for me. I will continue the
contact with them. and we will share our knowledge
teaching, emotion. I met good yoga partner in OSC

and I achieved advanced asana, direction for life,
pranayam technique, teaching methodology.

and I enjoyed yoga in here. that's all.

Thank you for all staff

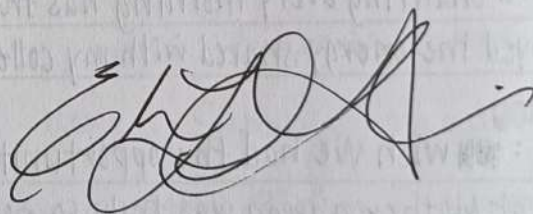
in Om Shanti Om, near family, friends

, Nature, (me)

Please give your review here.....
and personal achievement

OM SHANTI OM YOGA SCHOOL ♥

Thank you for providing such a beautiful and unique experience.
I will truly never forget this and feel so blessed and grateful
to have had such an amazing experience meeting friends/colleagues
from all over the world that will be my yoga family forever.
I truly felt at home throughout my month here and it was very
meaningful to share memories and spend time with the community
and neighbors of Tapovan. To Dinesh, Priya, ~~and~~ All professors
and staff - a huge thank you for making this such a
beautiful experience. I cannot wait to come back to India soon
and experience more of Rishikesh and come back for my 300 Hours.
I will definitely be recommending this school to anyone in the
USA that is looking to do YTT in India ♥



Please give your review here..... Best experience!
and personal achievement

Since I have come here, I have improved so much in ~~my~~ myself. I have started listen my body and respect it even more. My body has become more flexible than I could imagine and I'll keep moving forward in life practicing yoga all my life. I got the chance to live independently and manage my own responsibilities and take care of myself to the fullest. Moreover, I met so many people from different nationalities and heard of their experiences till now. This ashram has been so fun and loving and adventurous for me personally. There were some lows but I had people, and friends and Gurus who looked after me here. Every meditating and doing Yoga, made my body more spiritual and calm and aware and it made all the negativity come out of my body in a different form. I had a big, long detox as I was leaving my past behind. Now, that I am all well and in good health I feel so great to be leaving ~~to~~ from here and reaching back to my home with beautiful, fun memories, experiences, and learnings. Thank You Om Shanti Om for such a wonderful time:)

Please give your review here.....

and personal achievement

I am happy with the great experience gained here in India, especially at the ON SHANT, OP school. I take with me the best memories of my first month in this training place here. I found a new world, that I did not know about a society, culture. In relation to the school, happy to have had great teacher trainers in different areas. I feel that this trip has been worth it. Only thanks to Divesh and the entire group that is at his side, cooperating so that teachers continue to be generated and disseminated throughout the world. Thank you for everything received. A BIG hug from a Chilean woman that I will always carry in my heart.

DAR

Please give your review here.....
and personal achievement

Thanks OM SHANTI OM for this magical month together. I really enjoyed the school, the teachers, and all the love and passion that every body had to teach us. Also for the patience, and the fun. I really enjoyed every moment and felt very sustained/ by Dinesh and supported.

every person who showed up. Now I understand why someone recommended this school of yoga to me.

Thanks a lot and bless
ya all! ☺ ♡

Alexia

Please give your review here.....

and personal achievement

I wasn't planning of investing my time and money in a TTC, as it was my first time getting to know yoga. After dropping classes I felt I needed to know more and now after having assisted to all the classes and learning a lot from them I am learning, thinking and feeling this journey will never finish. And if it does will be with my last breath.

Every teacher and every student had something unique to offer and learn from.

What has been put forward in this course it has been put from the heart and you can see that in every teacher at every lesson.

Not only knowledge has been passed onto us but a great example of discipline, healthy life style and everything you need to have a happy life.

What else can you ask for?

(My personal achievement has been finding something I was looking for but didn't really know.

Now I have at hand the techniques of Yoga)

Please give your review here.....

and personal achievement

I hope to continue Learning about All yoga thecniques. To improve myself as yogui and as teacher. And with that, share my Knowledge and be able to help people to be in this yoga Life style as well. This was a beautiful way to beggin, And I'm SURE it's going to be a beautiful journey to my future.

Thank you Dinesh For showing me that we can take this Life Style in a easy going way, ~~and~~ with smile, jokes and so much

FUN You're An inspiration! Thanks FOR sharing not only yoga, but YOURSELF. Hope to join in more classes in the future. ♥

Please give your review here.....

and personal achievement

Thank you for offering the course and for trying your best to accommodate our needs. I've enjoyed myself very much here. Thank you for the activities organized outside of the training as well - kirtan, outdoor yoga at Ganga, visiting the temple, dance ^{ganga puja} night, etc. As a beginner of yoga, I've never done many advanced postures before coming here, esp inverted postures. So thank you so much Dinech, under your guidance and training I got to do headstand and scorpion pose by mother Ganga. I was thinking, and still am feeling, very fortunate and grateful. As I go home, I will gain more strength and practise more before I come back again. But probably not in May cuz the heat is a bit unbearable haha! And with that, I think having air cooler or A/C in the classroom in the afternoon (after lunch) would be helpful! Morning no need haha. All in all I enjoyed myself ~~very~~ very much here and could be more grateful for the experience. Thank you all for sharing the knowledge, wisdom and care throughout. So many beautiful ~~temp~~ moments imprinted in my heart as I go. Thank you! Hopefully we will meet again really soon. Until then, take care. Thankful ~~ful~~ for all that brought us together. Thank you!

an.

21 May 2014.

Please give your review here.....

and personal achievement

When I arrived here I was not expecting to learn this much. The course was very well structured and complete on many different aspects. I feel like this four weeks were a real journey through the world and the knowledge of yoga but also a journey inside myself. I learned how to go over my mental and physical limits, getting more and more satisfied everyday. I felt very lucky to have the chance to learn and study something that I love, and to do it with teachers that really care and know what they're doing. We were very lucky to be a small group, it really felt like a family. I could really feel the love and the intention that every teacher was putting in explaining the subjects and all of you made my passion for yoga bigger and bigger every day.

Every day we were coming to the class with a smile, and every night going to bed tired, but with a smile even bigger.

It was really powerful to attend this journey and I really hope I will be able to keep this good energy I collected here in my everyday life.

Thanks Dinesh for creating this beautiful family and you should be very proud of your power to teach not only asanas, but a way through a better life for your students.

Thanks to every single teacher for every minute you spent for us and thanks to my classmates for making this journey even better. I go home with my heart full ♥

I'll miss our shanti family! See you soon ♥

learned to know myself a bit better through the meditation to accept more myself and to others.