

**The following testimonials are from IYT graduates from the class of 2010, all of whom are BWY Yoga Teachers, having studied in different contexts.**

“This is an intensive course which is well worth the effort. Cathy-Mae gently facilitates a process of learning and self-reflection so that we become yoga therapists from the inside and the outside. She helps water the seeds of self-discovery, compassion and creativity. By the end of this course I felt confident as a yoga therapist, having learnt an array of therapy skills from Yoga, Ayurveda and ordinary, everyday life. Most of all, I learnt the importance of continually fine-tuning my heart and being mindful so that I can serve my students and patients with integrity and kindness, and encourage them on their own journey of self-reflection and healing.”

*Jo Fox*

“The Integrated Yoga Therapy course designed and run by Cathy-Mae Karelse is a rich and stimulating course that will stretch you intellectually and experientially. Having completed the course I can say that I feel both proud and confident of my sound and rigorous training and consider myself to be a competent yoga therapist as a result. I am extremely pleased with the number of skills, techniques, and insights that the course affords, which provides for a very well rounded, in-depth and comprehensive training in yoga therapy. The learning environment is extremely supportive and it is a great privilege to be guided by a tutor and mentors of such high calibre. I thoroughly recommend this course.”

*Louise Fortunato*

"A truly challenging course that took me on a deep, unexpected journey, totally fulfilling in the end!"

*Berenice Wilde*

“It was if I had pieces of a jigsaw puzzle and the IYT course put them together to create a complete picture - it started to make sense; tools were being created for a toolbox, always there and ready to use in a way that I would never have imagined. The IYT course lays down the foundation, like a master key that fitted the lock to open a myriad of possibilities; each new possibility is guided and supported along its path. Enjoy the journey!”

*Christine Pitt*

"Integrated Yoga Therapy will challenge you, inspire you, ask you to dig deep, make you laugh and cry and give you a profound and strong training in yoga therapy alongside great personal development and an unsurpassed foundation in holistic therapy combining yoga, mindfulness and Ayurveda; this truly inspirational keystone approach is a first for therapy courses."

*Rebecca Mitton*

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