

## *A Few Words from Our Students:*

*I attended a 200-hour Yoga Teacher Training at Dragonfly Yoga Barn Studio and Retreat for one weekend a month for nine months from 2011 to 2012. I was an overnight guest on many occasions over this time, but Katie and Declan truly made it feel like home. There were many wonderful aspects to this experience, but I cannot say enough about the setting. It is not just the surrounding forest and mountains, which offer solace, but the supportive atmosphere of learning through sharing, whether around the dining table or in the studio, it felt safe and inspiring to me. I am grateful to Katie for contributing her wisdom and her home. Each time I go back to Dragonfly is a special occasion for me, as I feel I am going home and paying homage to a wonderfully transformational time in my life.*

*~Sandra Van Gundy*

*"I consider Katie both a good friend and an amazing teacher. I first met Katie when I attended a fall retreat at Dragonfly years ago and fell in love with what she and Declan had created there. I don't know that I would have signed up for teacher training had it not been for Katie's warm, inviting demeanor along with her beautiful presence and the incredible surroundings she has created which is Dragonfly.*

*"For me, the teacher training format was perfect in that it gave me an opportunity to get out of my stressful day to day life both in mind and in body. The curriculum was a nice mix of philosophy, anatomy and practical training. The added element of community with the shared meals and night talks made our YTT group closer than most. We got to know each other in a way that few have the ability to in this busy life. If you are looking for a life-changing experience in one of the most beautiful places on earth, you have found the right place!"*

*~Tara Griesbach*

*"You have a gift in your yoga and in Dragonfly that you have chosen to share with others, and for that I thank you. I have traveled around the world and rolled my yoga mat out in many spaces, but there is no place that comes close to Dragonfly Yoga. You have created a gem! The DFYB is hands down, no questions asked, no phone a friend, no lifelines needed, my favorite and most inspirational yoga space in the UNIVERSE. "*

*~Ruthann Horner*

*I can't say enough about this YTT. Deepen your practice or train to teach yoga. Katie has created a moving 8 month yoga journey that covers philosophy, asana, Ayurveda, and so much more. Katie and Declan organize the training at their beautiful yoga barn so that it is retreat-like, one weekend a month, with delicious food and fun built in all weekend. Seriously, it's amazing!*

*~Jen Morris*

*I am forever grateful for the experience this training provided me.  
Take time to find yourself in this YTT.*

*~Shaylah Kelly*

*"Attending YTT with Katie at Dragonfly was one of the BEST things I have ever done for myself. I went into the program thinking I would learn to teach yoga, it is so much more. The program gives you tools to live every day. The quality of my life is improved as a direct result. Katie's deep knowledge of Yoga and other related modalities coupled with her years of teaching public high school is a winning combination! She knows how to prepare & deliver course content in ways that are meaningful and digestible. She puts it all into context that is relatable, usable every day both on & off the mat.*

*"Katie is kind & compassionate. The space at Dragonfly is magical, sacred. It is one of my favorite physical spaces. Simply closing my eyes and remembering causes my body to relax & my breathing to slow. Delightful.*

*"Attending YTT at Dragonfly provides a solid community experience. Delicious meals are lovingly prepared and served in their farmhouse; crackling fires, yummy desserts, lots of laughter & conversation."*

*~Susan Gokey*

*"I cannot recommend highly enough Katie's 200-hr yoga teacher training. If you want to become a confident yoga teacher or just deepen your own yoga practice, Katie's deep knowledge of yoga, meditation, and Ayurveda will provide you with the foundation to do so. This training fulfilled my highest expectations, and I couldn't be happier with the depth of knowledge I learned during the program. I am truly grateful for the opportunity to have trained with Katie and her team of experienced and knowledgeable teachers!*

*~Jen Marts*

*I knew my life would take on new meaning and begin to change when I began Yoga Teacher Training. What I didn't anticipate was just how much I would blossom....*

*My asana practice strengthened [my] body, as well as my appreciation for its function. Philosophy challenged my thinking and perspective. Meditation, while still most challenging, has some structure and purpose for me now. The camaraderie among my fellow students and our instructors is unparalleled to anything I've previously experienced. I say "is" because I still have one month to go and I'm mixed between excited for my official certification and saddened to formally leave this life-transforming education, even though I know support will be there long after the program ends.*

*I stayed overnight every weekend and loved the Zen feeling that stayed with me by sleeping and awakening at Dragonfly Yoga Barn. How amazing to walk into the yoga barn from my room and feel the peace all around me and see the views out the window. I'm an extremely high energy person which made this peaceful feeling all the more special. All meals were amazingly nutritious, delicious, and presented beautifully in Katie and Declan's kitchen where they welcomed us into their home. I'm not sure what I loved more... learning about all the aspects of yoga or the eating!! It's truly a toss up!*

*I initially wondered if I would truly "become" a yoga teacher or instead only appreciate the program for my personal benefit. During my practice teaching I realized just how much I had grown into a teacher when my students requested me to stay on and I was offered a job to continue teaching these amazing people. What a gift to teach others what has had such a positive impact in my life. I have so much more to learn as I continue my personal and professional journey but am completely confident that I could not have received a richer foundation in any other program or with any other teachers.*

*~Lisa St. Amand*