Testimonial for Jill

I have always wanted to be a yoga teacher but it was never the right time! There was always something stopping me.

About four years ago, I was looking for an affordable yoga retreat for a friend’s birthday and by chance, I stumbled across Jill’s website. Something drew me to her; it was if we had already met, so I booked the retreat.

On arriving, I discovered that Jill and her husband Andrew had just finished building her yoga studio. It was her first yoga retreat, and I was to be one of her first students! I felt honoured! Jill made that weekend for me. She was amazing! The yoga was the best I had ever experienced and she was kind, caring and attentive. It was clear she had a real passion for yoga and everything to do with it! From that day, Jill and I became friends!

Over the years, since that day I have attended every retreat, class and workshop that Jill has done. Seeing Jill teach, inspired me to want to teach others, so I started to look at Teacher Training courses, but there were so many and I lacked the confidence in my ability to teach others yoga. I’d mentioned this to Jill in a conversation and being Jill she went away thought about it, came back and said to me, I’m going to start up a yoga school to train teachers (not an easy task to do) but I’m only going to do it if you attend!” Chuckle, no pressure then! I think I was her first student to sign up!

So our journey began alongside each other! The teacher and the student!

My journey – to be honest, hasn’t been easy. I have had 10 months of highs and lows, happiness and frustration, panicking when I haven’t quite finished or understood my homework and overcome quite a lot of fears. But the real reason I have found it particularly hard is that I have M.E. or chronic Fatigue Syndrome. I don’t admit this to many people and I didn’t tell Jill for quite a while after that first yoga retreat, though Jill being the brilliant teacher she is, knew something wasn’t quite right, but waited patiently until I was ready to tell her. When I did, she was brilliant. She researched it; she understood and didn’t dismiss me. So that’s the real reason I lacked the confidence to teach others, I didn’t think I was good enough but Jill and Jill’s Warriors (our teaching group) have supported, encouraged me through this course and they have made me believe that ‘Yes I can be a yoga teacher.’ So I am going to teach yoga to children and adults. It always been a dream of mine! I am already a Teaching/Behavioural Assistant working with children, so now I can bring yoga into school as well.

 If you are thinking about taking this course with Jill, I would say go for it! The people that I have met on this course have become good friends; we have had a lot of deep discussions and a lot of laughs together, we have bonded over chi tea and yoga.

 As for Jill, she is an amazing teacher, she is kind, patient, inspiring, knowledgeable, her yoga is outstanding, but most of all she has a passion for yoga that is contagious and when you leave her classes you carry a piece of her with you! I know it sounds like a cliché and a bit gushy but I would call Jill my Yoga Guru!! I’m glad I met Jill, and that our journeys were so entwined!