

From: [Tamara Zee](#)
To: [Wachniak, Casey J - DSPS](#)
Subject: GOALS for Tammy Zee's Yoga School
Date: Saturday, August 26, 2023 8:39:00 PM
Importance: High

**CAUTION: This email originated from outside the organization.
Do not click links or open attachments unless you recognize the sender and know the content is safe.**

Hi Casey ~ I hope all is well.

Here are my Goals for my 200/300 Yoga Teacher Training School for my upcoming 2023/2024 school year,

1. To teach Sound & Yoga. What is it and how it can help. Learn how to incorporate this into a yoga class.
2. Continue my education so I can keep helping my students grow. Such as Trauma Sensitive Yoga, Sound Yoga, & Yin Yoga.
3. To keep spreading peace and joy as I educate my students to be the best they can be as instructors on and off the mat.