

Cultivating Skill in Action:
advanced yoga training for authentic living

*enrichment, continuing education and 300-hour
curriculum for RYT 500 certification*

2018 training programs and workshops

* indicates a required module for the 300-hour training program

Quarterly

[Mentorship Program for Yoga Teachers](#)

* YTT300 / RYT 200 CEU – 18 hours

A one-on-one experience designed to enhance your teaching skills.

January 26-28

[The Bhagavad-Gita: Ancient Wisdom for Modern Life with Philip Bender](#)

*YTT300 / RYT 200 CEU – 10 hours

Early Bird discount registration ends December 26.

February 17

[Refine Your Asana Session 1: The Basics with Michele Shipley](#)

* YTT300 / RYT 200 CEU – 2 hours

[Refine your Assisting Session 1: The Basics with Michele Shipley](#)

* YTT300 / RYT 200 CEU – 2 hours

February 24-25

[Pranayama & Mantra: A Hathavidya Intensive with Will Duprey](#)

YTT300/ RYT 200 CEU – 10 hours

Early Bird discount registration ends January 24.

April 13-15

[Refine & Align Weekend with Jill Sockman and Kathleen Yount](#)

RYT 200 CEU – 18 hours

* YTT300 – 20 hours (includes an outside assignment)

Early Bird discount registration ends March 13.

April 21

[Refine Your Asana, Session 2: Forward Bends and Seated Poses with Michele Shipley](#)

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends April 7.

[Refine Your Assisting, Session 2: Forward Bends and Seated Poses with Michele Shipley](#)

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends April 7.

April 22

[Yoga for Osteoporosis: A Teacher's Primer with Julie Realon](#)

* YTT300 / RYT 200 CEU – 3 hours

May 19-20

[Sanskrit Revolution with Marcy Goldstein](#)

*YTT300 / RYT 200 CEU – 10 hours

Early Bird discount registration ends April 19.

June 2-3

[Finding Your Voice: Full Weekend for Yoga Teachers with Carrington Jackson](#)

* YTT300 / RYT 200 – 12 hours

Early Bird discount registration ends May 2.

June 16

[Teaching Beginners, Part 1: The Essential Framework with Kathleen Yount](#)

YTT300 / RYT 200 – 5 hours (includes optional outside assignments)

June 22-24

[Yoga and Recovery: The Y12SR Leadership Training with Dana Walters](#)

YTT300 / RYT 200 CEU – 17 hours

Early Bird discount registration ends May 22.

July 17

[Teaching Beginners, Part 2: Flow Mojo with Kathleen Yount](#)

YTT300 / RYT 200 – 5 hours (includes optional outside assignments)

July 21

[Refine Your Asana, Session 3: Twists and Back Bends with Michele Shipley](#)

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends July 7.

[Refine Your Assisting, Session 3: Twists and Back Bends with Michele Shipley](#)

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends July 7.

July 27-29

[Ayurveda Immersion with Arpita Shah](#)

* YTT300 / RYT 200 CEU – 13 hours

Early Bird discount registration ends June 27.

August 10-12

[Connection Coalition: Trauma-Informed Outreach Certification Training with Jodi Weiner](#)

YTT300 / RYT 200 CEU – 15 hours

Early Bird discount registration ends July 10.

August 18

[Teaching Beginners, Part 3: Sequences for Success with Kathleen Yount](#)

YTT300 / RYT 200 – 5 hours (includes optional outside assignments)

October 12-14

[The Art & Science of Teaching with Suzanne Newton](#)

* YTT300 / RYT 200 CEU – 13 hours

Early Bird discount registration ends September 12.

October 20

[Refine Your Asana Session 4: Balancing and Inversions with Michele Shipley](#)

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends October 6.

[Refine Your Assisting Session 4: Balancing and Inversions with Michele Shipley](#)

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends October 6.

November 9-11

[Weekend of Silent Reflection with Jill Sockman](#)

RYT 200 CEU – 13 hours

* YTT300 – 14 hours (includes an outside assignment)

Early Bird discount registration ends October 9.

December 7-9

[Bhakti Weekend Intensive with Dani Strauss](#)

* YTT300 / RYT 200 CEU – 10 hours

Early Bird discount registration ends November 7.

Registration

All advanced yoga teacher training modules and workshops are/will be listed on the [WebScheduler](#). You may register online, in the studio, or send a check through the mail. Please do not call the studio for registration. Some workshops have sessions open for drop-in students. Please note that for YTT300 credit, you must complete the weekend in its entirety, including required reading and assignments.

More Information

If you'd like to be placed on our mailing list for advanced training and YTT300 information as it is released, please provide your email on this [simple form](#). If you have questions about the program, please [email us](#).