

Cultivating Skill in Action:
advanced yoga training for authentic living,
*enrichment, continuing education and 300-hour
curriculum for RYT 500 certification*
2019 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.

December 7-9, 2018

[Bhakti Weekend Intensive with Dani Strauss](#)

* YTT300 / RYT 200 CEU – 10 hours

Early Bird discount registration ends November 7.

January 12

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

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends December 30.

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

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends December 30.

January 25-27

[Prana Weekend with Jill Sockman](#)

YTT300 / RYT 200 CEU – 11 hours

Early Bird discount registration ends December 15.

February 16-17

[The Art of Creating a Yoga Class with Jen Fisher](#)

YTT300/ RYT 200 CEU – 10 hours

Early Bird discount registration ends January 16.

March 8-10

[The Chakra System and the Emotional Body with Kathleen Yount and Jen Davis](#)

RYT 200 CEU – 12 hours

* YTT300 – 15 hours (includes an outside assignments)

Early Bird discount registration ends February 8.

March 30

[Teaching Yoga for Better Bone Health with Julie](#)

YTT300/ RYT 200 CEU – 3 hours

Early Bird discount registration ends March 16.

April 13

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

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends March 30.

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

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends March 30.

May 6-11

[Therapeutic Yoga Training Program with Cheri and Arturo](#)

* YTT300 / RYT 200 CEU – 40 hours

Early Bird discount for registration paid in full ends April 6

May 14-19

[Deepening into Therapeutic Yoga with Cheri and Arturo](#)

YTT300 / RYT 200 CEU – 40 hours

Early Bird discount for registration paid in full ends April 14.

May 31-June 2

[The Power of Satsang: Finding Yourself in Community with Jill Sockman](#)

* YTT300 / RYT 200 – 16 hours

Early Bird discount registration ends April 30.

June 15

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

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

June 21-23

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

YTT300 / RYT 200 CEU – 17 hours

Early Bird discount registration ends May 21.

July 13

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

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

July 19-21

[Anatomy Essentials Weekend with Kristen Bachmann](#)

* YTT300 / RYT 200 – 15 hours

Early Bird discount registration ends June 19

July 27

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

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends July 13.

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

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends July 13.

August 10

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

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

September 20-22

[Subtle Practices: Mantra, Mudra, Nidra with Cheryl](#)

* YTT300 / RYT 200 CEU – 12 hours

Early Bird discount registration ends August 20.

October 4-6

[Teaching Soul: The Language and Spirit of Service with Carrington](#)

YTT300 / RYT 200 CEU – 10 hours

Early Bird discount registration ends September 5.

October 19

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

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends October 5.

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

* YTT300 / RYT 200 CEU – 2 hours

Early Bird discount registration ends October 5.

November 1-3

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

* YTT300 / RYT 200 – 11 hours

Early Bird discount registration ends October 1.

December 6-8

[Skill in Action: Radicalizing Your Practice of Yoga to Create a Just World with Michelle Johnson](#)

* YTT300 / RYT 200 CEU – 12 hours

Early Bird discount registration ends November 6.

Registration

All advanced yoga teacher training modules and workshops are/will be listed on the [website](#). 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

You'll find more information on this page on an ongoing basis. 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](#).