



## 200 Hour Yoga Teacher Training Dates

Oct. 21 & 22 | 9:00am-5:00pm | Studio

Nov. 17 | 6:00 - 8:30pm | Zoom  
Nov, 18 & 19 | 9:00am - 5:00pm | Studio

Dec. 1 | 6:00 - 8:30pm | Zoom  
Dec. 2 & 3 | 9:00am - 5:00pm | Studio

Jan.26 | 6:00 - 8:30pm | Zoom  
Jan. 27 & 28 9:00am - 5:00pm | Studio

Feb. 16 | 6:00 - 8:30pm | Zoom  
Feb. 17 & 18 | 9:00am - 5:00pm | Studio

Mar. 8 | 6:00 - 8:30pm | Zoom  
Mar. 9 & 10 | 9:00am - 5:00pm | Studio

**40 Days to Your Personal Revolution**  
6 Mondays 7:15 - 8:30pm | in studio or Zoom  
10/9, 10/16, 10/23, 10/30, 11/6, 11/13

**20 Weekly 1 hour Mentorship Call**  
TBD between Mentor & Mentee