



## 300 Hour Yoga Teacher Training Dates

Oct. 14 & 15 | 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. 5 | 6:00 - 8:30pm | Zoom  
Jan. 6 & 7 | 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

Mar. 29 | 6:00 - 8:30pm | Zoom  
Mar. 30 & 31 | 9:00am - 5:00pm | Studio

**40 Days to Your Personal Revolution**  
6 Mondays 7:15 - 8:30pm | in studio or Zoom  
10/16, 10/23, 10/30, 11/6, 11/13, 11/20

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

**22 Weekly 300 Hour YTT**  
Thursdays 10/19 - 3/28 | 6:00 - 8:30pm | Zoom  
Excluding Thanksgiving

**Online / Pre-recorded / Elective Content TBD**