



300 HOUR ADVANCED YOGA TEACHER TRAINING* 2018-2019

March 2018	
Thursday, 3/15	6-8pm
Friday-Sunday March 16-18	Friday 6-9 Saturday 11:00-5:30 Sunday 11:30-6 Yin Training
Thursday, 3/22, 3/29	6-8 pm
April 2018	
Thursday –Sunday 4/4-4/8	St David’s Retreat Starting Thursday 1pm, - Sunday 1pm
Thursday, 4/12, 19, 4/26	6-8pm
May 2018	
Thursday, 5/3, 5/10, 5/17, 5/24	6-8pm
Weekend in May still to be determined; we’re waiting for confirmation from a guest teacher.	
June 2018	
Thursday, 6/7, 14, & 21	6-8pm
Saturday, 6/23	9-5:30pm
Sunday, 6/24	9-5pm
July 2018	
Thursday, 7/12, 7/19, 7/26	6-8pm
Saturday, 7/21	9-5:30
Sunday, 7/22	9-5pm

August 2018	
Thursday, 8/2, 8/9, 8/16, 23	6-8pm
Saturday, 8/18	9am-5:30pm
Sunday, 8/19	9-5pm
September 2018	
Thursday, 9/6, 9/13, 9/20	6-8pm
Saturday, 9/15	9-5:30pm
Sunday, 9/16	9-5pm
October 2018	
Thursday, 10/4, 10/11, 10/18, 10/25	6-8pm
Saturday, 10/13	9-5:30 pm
Sunday, 10/14	9-5pm
November 2018	
Thursday, 11/1, 11/8, 11/15,	6-8pm
Saturday, 11/10	9-5:30pm
Sunday, 11/11	9-5pm
December 2018	
Thursday, 12/6, 12/13, 12/20	6-8pm
Saturday, 12/15	9am-5:30pm
Sunday, 12/16	9-5pm

Revised 1/2/2018

*Dates are confirmed; times may change depending on programs for the day.



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January 2019	
Thursday 1/10, 1/17, 1/24, 1/31	6-8pm
Saturday, 1/19	9-5:30pm
Sunday, 1/20	9-5pm
February 2019	
Thursday, 2/7, 2/21, 2/28	6-8pm
Saturday, 2/16	9-5:30pm
Sunday, 2/17	9-5pm
March 2019	
Thursday, 3/7, 3/14	6-8pm
Saturday, 3/16	9-5pm
Sunday, 3/17	9-5:30pm

Revised 1/2/2018

**Dates are proposed; times may change depending on programs for the day.*

We reserve the right to change dates as we confirm guest teachers etc.

Some weekends will be specialized trainings e.g. Yin, Restorative, Back Care, Chair Yoga, Stress Management, Healthy Aging , Chair Yoga, Advanced Posture Clinics, Yoga Therapeutics, Chakra-Balancing, Ayurveda, etc.

Thursday evenings will be for satsanga, discussion, meditation practice, mystical studies.