



TEACHER TRAINING

In partnership with Bloom Yoga, LLC and The Yoga Alliance

Thank you for your interest in the teacher training this spring! With this course not only will you be accepted into the teacher training, you will also have unlimited access to any of the classes offered at Bloom Yoga as well as priority access to professional guest speakers in fields of anatomy, essential oils, business of yoga and more!

Dates: **February 1st to April 28th**

Schedule for the teacher training is as follows:

| | |
|-----------------|-------------------|
| Friday | 6pm to 8pm |
| Saturday | 2pm to 7pm |
| Sunday | 2pm to 7pm |

TEACHER TRAINING OUTLINE

*GS = guest speaker

| February | March | April |
|--|--|---|
| <p>2/1 Friday Intro Class/ Manual Review /Meet your Friends</p> <p>2/2 Saturday Yoga 101/ Styles of Yoga/ 8 Limbs</p> <p>2/3 Sunday Pranayama/ Bandhas / Chakras / Koshas</p> <p>2/8 Friday Sanskrit / Sun A / Groups</p> <p>2/9 Saturday Sun A / Cueing / Theming</p> <p>2/10 Sunday Sun B / Mudras / Locks</p> <p>2/15 Friday Sun A/ Sun B / Group Class</p> <p>2/16 Saturday Asana - Standing (Poses)</p> <p>2/17 Sunday Asana - Grounding (Poses)</p> <p>2/22 Friday Asanas - Twisting (Poses)</p> <p>2/23 Saturday Anatomy Workshop- Sarah Johnson</p> <p>2/24 Sunday Sequencing 101</p> | <p>3/1 Friday Group Class</p> <p>3/2 Saturday Meditation Workshop- Jon Old-Rowe</p> <p>3/3 Sunday Sun A/Sun B/Sequencing 101</p> <p>3/8 Friday Group Class</p> <p>3/9 Saturday Pregnant/ Injured Yogis Sound Healing Workshop- GS</p> <p>3/10 Sunday Thai Massage Basics</p> <p>3/15 Friday Group Class</p> <p>3/16 Saturday Essential Oils Workshop -Anita Garmo</p> <p>3/17 Sunday Sequencing Shoulder Class</p> <p>3/22 Friday Group Class</p> <p>3/23 Saturday Nutrition Workshop- GS</p> <p>3/24 Sunday Sequencing Hip Class</p> <p>3/29 Friday Group Class</p> <p>3/30 Saturday Business Of Yoga Workshop-Lindsey Salman Teaching Jobs & Jennifer Bohensky</p> <p>3/31 Sunday Sequencing Back Class</p> | <p>4/5 Friday Yin Yoga</p> <p>4/6 Saturday Vinyasa yoga</p> <p>4/7 Sunday Power Yoga</p> <p>4/12 Friday Group Class</p> <p>4/13 Saturday Teaching Group Class</p> <p>4/14 Sunday Teaching Group Class</p> <p>4/19 Friday Teaching Group Class</p> <p>4/20 Saturday Teaching Group Class</p> <p>4/21 Sunday Easter— No Class</p> <p>4/26 Friday Exam</p> <p>4/27 Saturday Community Class</p> <p>4/28 Sunday Graduation Ceremony</p> |

SUBJECT TO CHANGE

PAYMENT PLAN INFORMATION

The following are 3 payment options for Teacher Training and already have the Early Bird Special Applied (payment plans are not available for the early bird special):

Option 1: 8 Month Payment Plan
\$200 deposit today + \$250.00 per month for
8 months starting January 15th

Option 2: 4 Month Payment Plan
\$200 deposit today + \$500.00 per month for
4 months starting January 15th

Option 3: All Upfront
\$1,750 Today
no additional charges

When you decide on what plan you would like to purchase in full before the early bird special ends you may purchase online, for a payment plan please call 619-333-0522 to get started!

*deposit is non-refundable