

2018
Yoga Spirit Academy
Weekend Training Dates
January 2018 – December 2018

Training Dates:

Month 1: January 13-14
Month 2: February 10-11
Month 3: March 3-4
Month 4: April 14-15
Month 5: May 5-6
Month 6: June 9-10
Month 7: July 21-22
Month 8: August 11-12
Month 9: September 8-9
Month 10: October 6-7
Month 11: November 3-4
Month 12: December 8-9

Students are allowed two absences. All weekend modules are repeated the following year.

Meeting times:

Saturday 1:00 – 7:00 pm
Sunday 1:00 – 7:00 pm

Location:

Classes meet at Tulsa Yoga Meditation Center at The Farm Office Building, 5319 S. Sheridan Road, Tulsa, OK.

Directions:

The Farm Office Building is located at the intersection of 51st St. and Sheridan Rd. Enter from Sheridan Rd., just south of Pier 1 Imports. Pier 1 is on the left and the Office Building is on the right. Look for the YOGA sign in the northwest section of the Office Building.

Food and drink:

No food allowed in the yoga studio. Only sealed water containers in the studio. Food and drink are allowed in the conference room where there is hot and cold filtered water, ice and a microwave oven. *Bring a cooler if refrigeration is required.*

Bring with you:

Sweater or jacket, notebook and pen, required books, yoga mat, eye covering, meditation cushion, and any other props you require. Bolsters, blocks, blankets and straps are at the studio for students' use, plus new props are available for sale.