

2019
Yoga Spirit Academy
Weekend Training Dates
January 2019 – December 2019

Training Dates:

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

<p>Anatomy for Yoga 1:00-6:00pm July 6, 7, 20, 21 *Required anatomy course</p>
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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, Oklahoma in The Farm Shopping Center, 51st Street and Sheridan Road. Enter from Sheridan Road by turning into the Pier 1 Imports parking lot. Pier 1 will be on the left and the Office Building on the right. Look for the Tulsa Yoga Meditation Center sign on the window of the Office Building.

Food and drink:

No food is 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.