

January - December 2024

Yoga Spirit Academy

Weekend Training Dates

Training Dates:

January 13 and 14 – *New Year start date*
February 10 and 11 – *New Year late start date*
March 9 and 10
April 13 and 14
May 4 and 5
June 8 and 9
July 13 and 14 – *Summer start date*
August 3 and 4 – *Summer late start date **note the date change*
September 14 and 15
October 5 and 6 ***note the date change*
November 9 and 10
December 7 and 8

Students are allowed two absences. An absence is defined as missing all or part of the weekend training. 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.

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.

We look forward to seeing you in class!