

January - December 2025

Yoga Spirit Academy

Weekend Training Dates

Training Dates:

January 11 and 12 – *New Year start date*
February 8 and 9 – *New Year late start date*
March 8 and 9
April 12 and 13
May 3 and 4
June 14 and 15
July 12 and 13 – *Summer start date*
August 16 and 17 – *Summer late start date*
September 13 and 14
October 11 and 12
November 8 and 9
December 13 and 14

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 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!