

## Winter Session Starts September 11th 2026

The teacher training dates consist of 9 weekends of training, with the 10th weekend for testing out, with plenty of time to truly live the course over months. Our schedule gives ample time for you to go deep into your studies as to offer the most in-depth experience while offering time off for the important holidays. Please note if you have questions about scheduling or making up teacher training dates, please contact Donna at [info@yoganoho.com](mailto:info@yoganoho.com), and we will do our best to accommodate your needs.

### Hours of Training

Friday Nights 7:30 pm- 10:30pm

Saturday Day: 10:00am – 6:00pm Sunday Day: 9:00am – 6:00pm. Please know you will have breaks and a proper lunch scheduled on the weekends, and we are here to enhance your training experience during this course time. Have a conflict with a weekend or two? No worries, we offer you the time to makeup up to two weekends and still graduate.

Week 1. September 11th 12th 13th

Week 2. September 25th 26th 27th

Week 3. October 9th 10th 11th

Week 4. October 23rd 24th 25th

Week 5. November 6th 7th 8th

Week 6. November 20th 21st 22nd

Week 7. December 4th 5th 6th

Week 8. December 18th 19th 20th

Week 9. January 9th 10th

Test Out Written Exam: January 23<sup>rd</sup>

Practical and Celebration: January 24<sup>th</sup>

Congrats... **You are now a Certified Yoga Teacher!**

