



Teacher Training Dates

The teacher training dates consist of 9 weekends with the 10th weekend for review and business of yoga workshops. 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 Davis at yoganoходonna@gmail.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.

Winter Session Starts February 27, 2026

Week 1. February 27, 28, 29

Week 2. March 13, 14, 15

Week 3. March 27, 28, 29

Week 4. April 10, 11, 12

Week 5. April 24, 25, 26

Week 6. May 8, 9, 10

Week 7. May 15, 16, 17

Week 8. May 29, 30, 31

Week 9. June 12, 13, 14

Review Day. June 20

Test Out Written Exam: June 27

Practical and Celebration: June 28

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