



200 & 300- HOUR DATES

200 HOUR DATES

The teacher training dates consist of 9 full weekends with the 10th weekend for review and business of yoga workshop. Please note if you have questions about scheduling or making up teacher training dates, please contact Donna Davis at yoganohodonna@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 – 5:00pm. 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.

Starts September 9th 2022 Teacher Training Dates

Weekend 1 September: 9th, 10th, 11th
Weekend 2 September: 23rd, 24th, 25th
Weekend 3 October: 1st, 2nd, 3rd
Weekend 4 October: 14th, 15th, 16th
Weekend 5 October: 28th, 29th 30th
Weekend 6 November: 11th, 12th, 13th
Weekend 7 December: 2nd, 3rd, 4th
Weekend 8 December: 15th, 16th, 17th
Weekend 9 January: 6th, 7th, 8th

Test Out Jan 21st and 22nd.

Written Exam: Jan 21st 2023

Practical Test Out: Jan 22nd (Yeah you completed!)

300 HOUR DATES

We are here every step of the way to ensure that you achieve your advanced professional teacher training certificate. We understand how busy life can be so we do offer assistance in making up a session. We do have options to zoom you in for some sessions if needed. We have our first session on Friday night September 16th from 6-10pm. All other sessions will be Saturday and Sundays from 9am-6pm.

Dates

Weekend One September: 9/16, 9/17, 9/18

Weekend Two October: 10/8, 10/9

Weekend Three October: 10/22, 10/23

Weekend Four November: 11/5, 11/6

Weekend Five December: 12/10, 12/11

Weekend Six January: 1/14, 1/15

Weekend Seven January: 1/28, 1/29

Weekend Eight February: 2/4, 2/5

Weekend Nine February: 2/18, 2/19

Additional Requirements Include:

Take 20 Mentor Classes

Assist 20 Mentor Classes

Observe 18 Classes & complete Observation Forms

Within The 6 Months

CONTACT HOURS

Mon/Wed

5:30 -7:30 pm

Mentorship Program ~Take Mentor's Class 20 times

Mon/Wed

5:30 -7:30 pm

Mentorship Program ~ Assist Mentor's Class 20 times

Any Day or Time

Mentorship Program ~ Observe 18 classes at the Studio & Complete Observation Worksheet

