

TRAINING DATES AND TIMES:

True Yoga Teacher Training takes place over 8 weekends that begin on Friday evening and conclude on Sunday evening.

- Wednesdays 7:30 to 9:30 p.m. (weekly, excluding holidays)
- Fridays 6:30 to 9:30 p.m.
- Saturdays 10:00 to 5:00 p.m. (with an hour for lunch)
- Sundays 10:00 to 5:00 p.m. (with an hour for lunch)

The weekend training dates are as follows:

- Sept 24-26
- Oct 15-17
- Nov 12-14
- Dec 10-12
- Jan 14-16
- Feb 18-20
- March 11-13
- April 8-10
- Graduation April 16

True Yoga has been serving the Conejo Valley for over 9 years, providing quality yoga instruction and inspirational workshops in a variety of disciplines, including yoga, ayurveda, meditation, mantra, and much more. Please visit our new location for more information about Yoga Teacher Training or any of our amazing classes and workshops. Come for the yoga, stay for the experience.

TEACHER TRAINING APPLICATION FORM

Name

Address

Phone

Email Address

Date

What is your yoga background?

How long have you been a practitioner of yoga?

What would you like to gain from this program?

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Jennifer@yogajournies.com



TRUE YOGA PROUDLY PRESENTS THE 2010 YOGA TEACHER TRAINING PROGRAM

True Yoga cordially invites you to be a part of the honored vocation of teaching. This comprehensive course will cover all of the requirements to apply to the Yoga Alliance certification program, the only standard in the yoga community for trained teachers to become official Registered Yoga Teachers.