



## Teacher Training Schedule: Sept-December 2019

### Contact Hours – Teacher Training

- Schedule for **2019**: Sept 13-15; Sept 20-22; Oct 4-6; Oct 18-20; Nov1-3; Nov 15-17; Nov 29-Dec 1; Dec 14  
(Saturday only)
- Graduation on Saturday Dec 21, 2018 from 2-4PM
- Required attendance at four (4) early morning Sadhanas at Yoga Lola (10 training hours total)
- Weekend Schedule:

Fridays 5:30-9pm, all Fridays

Saturday 8:00-6:30pm, all Saturdays

Regular Sundays 8:00-5:30pm on Sept 13-15 and Sept 20-22, Oct 18-20, 2019

Sadhana Sundays 5:30am-5:30 pm on Oct 6; Nov 3, Nov 17; Dec 1, 2018

- Plus two (2) two-hour classes scheduled for additional training that are geared towards preparing Teacher Trainees to teach their public classes at Yoga Lola

### Non-Contact Hours – Teacher Training

All other training requirements that are outside of regular training weekends, include, but are not necessarily limited to the following:

- Trainees are required to attend a minimum of four classes per month at Yoga Lola Studios during the duration of the training. Class packages are available to trainees at a substantially reduced cost.
- Trainees are required to teach two public classes at Yoga Lola prior to graduation. These dates/times will be assigned.
- Trainees are required to take eight (8) outside yoga classes at different yoga studios. The purpose is to expose trainees to the widest possible array of yoga styles. (Cost not included in tuition.)
- Trainees are required to complete reading and homework assignments on their own time. (Roughly 4 hours per week.)

### Makeup Time

All of the training classes are required. If you are unable to make a class day, please pair up with a yoga buddy to go over anything you've missed. We are happy to email you any of the hardcopy materials you need to catch up. However, you may be charged a \$65/hour make-up fee for every hour a teacher is required to spend with you to catch up on your missed Contact hours.