



Teacher Training Schedule: January 31-May 2, 2020

Contact Hours – Teacher Training

- Dates: Jan 31-Feb 2; Feb 14-16; Feb 28-Mar 1; Mar 13-15, Mar 27-29; Apr 10-12; Apr 24-26; May 2
- 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, including May 2, 2020
Regular Sundays	8:00-5:30pm Feb 2; Mar 1; and Mar 15
Sadhana Sundays	5:30am-5:30 pm on Feb 16, Mar 29, Apr 12 and Apr 26
- 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.