

About Weekend Intensives & Schedule, Training Dates (calendar)

Weekend Intensives (WI)

Weekend Intensives will begin on Thursday evenings at 6:00 pm, and be followed by three 8 hour days of training. Teleconference sessions will be offered monthly for each level; date and time to be provided for each. The dates for the weekend intensives are as follows:

Weekend Intensive (WI) Schedule

Each intensive weekend will be comprised of 30 hours of the study and practice of Yoga and related topics

Thursday Evening	3 hours	Welcome & Puja	6:00 pm-9:00 pm
Friday	8 hours	Course Material	8:00 am-4:00 pm
Saturday	8 hours	Course Material	8:00 am-4:00 pm
Saturday Evening	3 hours	Dinner with Satsang	6:00 pm-9:00 pm
Sunday	8 Hours	Course Material	8:00 am-4:00 pm

200 Hour WI Training Dates

(Weekend Intensives)

March	1-4	30
April	5-8,	30
June	21-24	30
July	12-15	30
September	13-16	30
October	4-7	30

300 Hour WI Training Dates

(Weekend Intensives)

March	1-4	30
April	5-8,	30
June	21-24	30
July	12-15	30
September	13-16	30
October	4-7	30
November	1-4	30
January	10-13	30

YA Standard Requirement for 200 & 300 Hour) Certification

Required Course Hours

200 Hour Course Requirements

Total Contact Hours	180
Non-Contact Hours	20
Total Required Hours	200
Graduation date: October 7, 2018	

300 Hour Course Requirements

Total Contact Hours	240
Non-Contact Hours	60
Total Required Hours	300
Graduation date - January 13, 2019	

Studio Location, Course Fees & Payments, Accommodations, Meals and Transportation, Application & Deposit Due Date

Studio Location

Yoga Vidhya Studio is located at Village Commons 211 Main Street Unit #204 Ashaway, RI 02804 it is located near beautiful beaches, tennis courts, hiking trails and other spring and summer outdoor activities.

Course Fees & Payments

- The cost for the 200 Hour Yoga Teacher Training & Certification is \$3,000;
- The cost for the 300 hour Yoga Teacher Training is \$3,500.00

A \$500.00 deposit is required upon acceptance for both levels. We accept cash, personal checks, and credit card payments via Pay Pal, Zelle, and billpay.com.

Payment arrangements for monthly or quarterly payments may be made and will require an additional fee of 2%.

Accommodations

A few accommodations are available at the studio for \$50 -75 per night, and will include a light continental breakfast. For information about Accommodations through the studio, call Sherry @ 401-751-2050

. Hotels and restaurants are plentiful nearby; check rates

Meals and Transportation

The Amtrak train stops in Westerly RI which is 3 miles from the studio; if you are driving parking is available at the studio. There are many restaurants in the area for lunch or dinner.

Application & Deposit Due Date

Your application and your \$500 deposit are due by February 24, 2018.