

January 2021 – December 2021
Yoga Spirit Academy
Weekend Training Dates

Training Dates:

Month 1:	January 9-10
Month 2:	February 6-7
Month 3:	March 13-14
Month 4:	April 10-11
Month 5:	May 1-2
Month 6:	June 12-13
Month 7:	July 10-11
Month 8:	August 14-15
Month 9:	September 11-12
Month 10:	October 9-10
Month 11:	November 6-7
Month 12:	December 11-12

Students are allowed two absences. All weekend modules are repeated the following year.

Meeting times:

Saturday	1:00 – 7:00 pm
Sunday	1:00 – 7:00 pm

Location:

Classes meet at Tulsa Yoga Meditation Center at The Farm Office Building, 5319 S. Sheridan Road, Tulsa, Oklahoma in The Farm Shopping Center, 51st Street and Sheridan Road.

Food and drink:

No food is allowed in the yoga studio. Only sealed water containers in the studio. Food and drink are allowed in the conference room where there is hot and cold filtered water, ice and a microwave oven. *Bring a cooler if refrigeration is required.*

Bring with you:

Sweater or jacket, notebook and pen, required books, yoga mat, eye covering, meditation cushion, and any other props you require. Bolsters, blocks, blankets and straps are at the studio for students' use, plus new props are available for sale.

We look forward to seeing you in class!