

WELCOME!

Yogi, signing up for 200 hours of yoga education is a leap into learning, growth, and inspiration.

Over the course of this Summer you will attend modules and mentorship nights that focus on uncovering and defining your personal understanding of Yoga, and develop the skills you need to apply its principles to your own life as well as share it with others.

P.E. 200 Vinyasa Yoga Teacher Training is a Yoga Alliance Registered Yoga School. This means at the end of the course you will receive a certificate from our school and you will be eligible to register with Yoga Alliance, should you choose.

LOCATION

Your training will take place at Honest Soul Yoga's annexed training facility right next door. Studio etiquette, including parking instructions, will be shared on the first day of training.

Honest Soul Yoga

6470 Landsdowne Centre Dr, Alexandria, VA 22315

CODE OF CONDUCT

Before applying we asked you to read and review our school's code of conduct. For your reference, this [code of conduct is also linked here](#).

SCHEDULE

Training will begin Friday, June 29. Each weekend module is Fri - Sun 7:30 AM - 8:30 PM, and there are also 6 additional mentorship nights, and SEVA opportunities.

Modules

Friday - Sunday 7:30AM - 8:30 PM

June 29 - July 1, July 13 - 15, July 20 - 22, August 17 - 19

Mentorship Nights

Wednesdays, 5:00 - 9:30 PM

July 11, July 18, July 25, August 1, August 8, August 15

SEVA (Service)

Our trainees are also asked to participate in SEVA or selfless-service. These are important hours during your training and will occur **at** the studio. SEVA includes supporting the host studio as well as hosting community meditation. Your contact for Seva will be Suzie Mills.

SEVA dates will be made available at the start of training.

Please attend a minimum of one, and preferably two.

REQUIRED READING

Please obtain a copy of each of these books. We recommend purchasing previous editions or used books to save on costs.

- **Yoga and the Path of the Urban Mystic - Darren Main**
- **The Four Agreements - Don Miguel Ruiz**

ATTENDING CLASS

Attending class at Honest Soul Yoga will be an important part of your training. During your training you will receive unlimited access to Honest Soul Yoga's schedule. If you have a current membership or active package it will be placed on hold at the start of training. Please seek to attend yoga sessions twice per week during your training to steep yourself in the practice.

INVESTMENT

\$500 Non-Refundable Deposit + \$2995 Training Fees

Early bird discount of \$100 off training fees for those who enroll before May 1.

Pay-in-full discount of \$100 will apply when training fees are paid in a single payment during the first week of training. Payment plans are available in 2, and 3 payment increments at no additional charge.

Military Discount for active military, veterans, and the spouses of active military of \$100.

Total: \$500 deposit + \$2995 training fees - qualifying discounts.

Refund policy

Training deposit of \$500 is non-refundable. Training fees are refundable up until the second evening of training during the first module. Training fees are non-refundable after the second night of training, with the exception of emergency situations which will be examined on a case-by-case basis. Trainees who choose to drop out of the program, for reasons other than an emergency, will not be eligible for refund.

CONTACT

Your primary contact for training is Julia Lopez
Julia@juliamarieyoga.com (630) 779-2760

Please reach out with any questions. Once your deposit is received, your spot will be officially reserved for training. We are so excited to have you on this journey.

Julia & Suzie