



· TEACHER TRAINING ·
Sage Yoga
 & Wellness

Calendar of 200/300 Hour Modules Teaching/Posture Lab, Sangha, Retreats + Events

Date	Subject	Presenter
2018		
Jan. 4	Practice Teaching/Posture Lab 6:00 - 7:30 PM	Naomi/Marisa
Jan 5 – 7*	The 8-Fold Path	Naomi Jones and Paul Graham
Jan 11	Sangha Evening 7 PM	Dr. Michael Sapiro
Jan. 18	Practice Teaching/Posture Lab 6:00 - 7:30 PM	Naomi/Marisa
Jan 19 – 21*	Yoga as a Life Path	Marisa Weppner
Jan 25	Sangha Evening 7PM	Dr. Michael Sapiro
Feb. 1	Practice Teaching/Posture Lab 6:00 - 7:30 PM	Naomi/Marisa
Feb 8	Sangha Evening 7 PM	Dr. Michael Sapiro
Feb 9 – 11*	Empowerment: Find Your Voice	Marcy Midnight
Feb. 15	Practice Teaching/Posture Lab	Naomi/Marisa
Feb 22	Sangha Evening	Dr. Michael Sapiro
Feb 23 - 25	Kundalini, Kriya Yoga and the Chakras	Eric Wallace
March 1	Practice Teaching/Posture Lab	Naomi/Marisa
March 2 – 4*	Hands on Yoga	Marisa Weppner
March 9 - 11	Yoga + Social Justice	Dr. Michael Sapiro
March 15	Posture Lab 6:00 - 7:30 PM	Naomi/Marisa
March 23 - 25	Event: Yogafort (additional contact hours only)	Marisa Weppner, Dr. Celeste Bolin \$60.00 pass price
March 30 - April 1	Kirtan Immersion: Sanskrit, Chanting and Deities	Sheela Bringi and Brent Kueker \$100.00 additional fee
April 5th	Posture Lab 6:00 - 7:30 PM	Naomi/Marisa
April 13 - 15	Intermediate + Advanced Ashtanga Inspired Asana	Tim and Olga Laporte
April 19	Posture Lab	Naomi/Marisa
2018 200 Hour **Yin, Restorative and Yoga Nidra** YTT Begins April 27th		
April 27 - 29**	Yoga Psychology + Nonduality	Marisa Weppner, Dr. Michael Sapiro
May 3	Posture Lab 6:00 - 7:30 PM	Naomi/Marisa
		Turn over for more modules listed
May 11 - 13**	Yin Yoga Training (40 Hour Module Part 1)	Marisa Weppner, Naomi Jones
May 17	Posture Lab	Naomi/Marisa
May 18 - 20**	Restorative Yoga Training	Naomi Jones, Michaelyn Muggli, Dr. Celeste Bolin
June 1-3**	Yin Yoga Training (40 Hour Module Part 2)	Naomi Jones, Marisa Weppner
June 15 - 17	Advanced Vinyasa: Living in the Flow	Marcy Midnight

Aug 24- 26	Ayurveda: Yoga's Sister Science	Paul Graham
2018 200 Hour **Vinyasa** YTT BEGINS Sept. 14		
Sept 14-16*	Hands on Yoga	Marisa Weppner
Sep 27 – Oct 1	Fall Retreat, Utah	Marisa Weppner
Oct 19-21**	Meditation for Life	Dana Menlove
Nov 2018	Thailand - Meditation & Yoga Retreat	Marisa Weppner, Dr. Michael Sapiro
Nov 2 - 4	Yoga for Trauma and Special Populations	Dr. Michael Sapiro
Nov 9-11*	Embodiment of Asana and Pranayama	Marcy Midnight
Nov 30 – Dec 2**	The Subtle Body: Movement of Prana in the Body and Mind	Eric Wallace
Dec 7-9	Introduction to Tantra Yoga and Sacred Relations	Eric Wallace, Marisa Weppner
2019		
Jan 11-13**	8 Fold Path: Yoga as a Living Practice	Naomi Jones and Paul Graham
Jan 18-20*	Functional Anatomy & Physiology	Dr. Jen Dorn and Dr. Celeste Bolin
Feb 1-3*	Yoga as Life Path	Marisa Weppner
Feb 22-24*	Empowerment: Find Your Voice	Marcy Midnight
June 14-16	Advanced Asana: Living in the Flow	Marcy Midnight
Aug 5 - 26 2019	NEW! - 21 Day Yin/Restorative Yoga and Yoga Nidra Immersion and Training in ITALY! 200/300 Hour \$5500.00 including all accommodation, lunch/dinner 3 course meals, training and materials. Excludes: ground transport, textbooks, breakfast. Location: Siena, Italy at Badia a Coltibuono www.coltibuono.com Contact Naomi for more information and to sign up at: Naomijones603@gmail.com	Marisa Weppner, Naomi Jones, Cynthia Alleman, Michaelyn Muggli

Schedule is subject to change.

Unless otherwise specified, all modules are at Sage Yoga & Wellness in Downtown, Boise.

Training Hours:

Friday 5:30 PM - 10:00 PM

Saturday 11:00 AM - 6:00 PM

Sunday 8:00 AM - 3:00 PM

*Sage Vinyasa Yoga 200 Hour Core Modules

**Yin/Restorative Yoga and Yoga Nidra 200 Hour Core Modules

Sangha Evening Location with Dr. Michael Sapiro: Hyde Park Mennonite Fellowship Church,
[1520 N 12th St.](#)

YogaFort, Yoga Retreats not included in tuition

300 Hour Students can begin ANYTIME and take 11 modules of their choice.

For details and to register: sageyogaboise.com

Questions: info@sageyogaboise.com