



· TEACHER TRAINING ·  
**Sage Yoga**  
 & Wellness

## 2018 Calendar of 200/300 Hour Modules Teaching Lab, Sangha, Retreats + Events

Date	Subject	Presenter
<b>2018</b>		
March 1	Practice Lab 6:00 - 7:30 PM "Marketing Basics and Photoshoot"	Holly Shyer - guest presenter Free TT and Graduates
March 2 – 4*	Hands on Yoga	Marisa Weppner
March 15	Practice Lab 6:00 - 7:30 PM "Dream Board"	Tori/Jil - guest presenters Free TT and Graduates
March 23 - 25	Event: Yogafort (additional contact hours only)	Marisa Weppner, Dr. Celeste Bolin \$60.00 pass price
March 27	Bliss Becomes You: Restorative Yoga and Live Music 7:15 - 8:30 PM	Naomi and Johanna Beekman Discounted \$10.00 for TT and Graduates
March 30 - April 1	Kirtan Immersion: Sanskrit, Chanting and Deities	Sheela Bringi and Brent Kueker \$100.00 additional fee
April 5th	Practice Lab 6:00 - 7:30 PM "Arm Balances and Teaching Level %"	Kacie McEgan - guest presenter Free TT and Graduates
April 13 - 15	Intermediate + Advanced Ashtanga Inspired Asana	Tim and Olga Laporte
April 19	Practice Lab "Practice Teaching: Playlists Basics and How to incorporate Music into your Class"	Naomi
<b>2018 200 Hour **Yin, Restorative and Yoga Nidra** YTT Begins April 27th</b>		
April 27 - 29**	Yoga Psychology + Nonduality	Marisa Weppner
May 3	Practice Lab 6:00 - 7:30 PM	Naomi/Marisa
May 11 - 13**	Yin Yoga Training (40 Hour Module Part 1)	Marisa Weppner, Naomi Jones
May 17	Practice Lab "Teaching Yin Yoga"	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 7	Practice Lab	Naomi/Marisa
June 15 - 17	Advanced Vinyasa: Living in the Flow	Marcy Midnight
June 21	Practice Lab	Naomi/Marisa
Aug 24-26	Ayurveda Yoga's Sister Science	Paul Graham
Aug 31-Sept 2**	8 Fold Path: Yoga as a Living Practice Part 1	Naomi Jones and Paul Graham
<b>2018 200 Hour **Vinyasa** YTT BEGINS Sept. 14</b>		
Sept 7-8**	8 Fold Path: Yoga as a Living Practice Part 2	Naomi Jones and Paul Graham
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 2 - 4	Yoga for Trauma and Special Populations	TBD
Nov 9-11*	Embodiment of Asana	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
Dec 14-16**	<b>NEW! Yoga Nidra Training</b>	Marisa Weppner, Naomi Jones, Cynthia Alleman
<b>2019</b>		
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
March 8-10*	8 Fold Path: Yoga as a Living Practice Part 1	Naomi Jones
March 15-17*	8 Fold Path: Yoga as Living Practice Part 2	Naomi Jones
June 14-16	Advanced Asana: Living in the Flow	Marcy Midnight
Aug 5 - 26 2019	<b>NEW! - 21 Day Yin/Restorative Yoga and Yoga Nidra Immersion and Training in ITALY! 200/300 Hour</b> \$5500.00 including all accommodation, lunch/dinner 3 course meals, training and materials. Excludes: ground transport, textbooks, breakfast. <b>Location: Siena, Italy at Badia a Coltibuono</b> <a href="http://www.coltibuono.com">www.coltibuono.com</a> Contact Naomi for more information and to sign up at: <a href="mailto:Naomijones603@gmail.com">Naomijones603@gmail.com</a>	Marisa Weppner, Naomi Jones, Cynthia Alleman, Michaelyn Muggli

- Schedule is subject to change
- Payment plans available
- Additional 200/300 Modules to be added soon
- 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

YogaFort, Yoga Retreats and Events not included in tuition

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

200 hour mentor: Naomi Jones (208) 484 0191 and [naomijones603@gmail.com](mailto:naomijones603@gmail.com)

300 hour mentor: Marisa Weppner at [info@sageyogaboise.com](mailto:info@sageyogaboise.com)

For details and to register: [sageyogaboise.com](http://sageyogaboise.com) Questions: [info@sageyogaboise.com](mailto:info@sageyogaboise.com)