



· TEACHER TRAINING ·
Sage Yoga
 & Wellness

2018 Calendar of 200/300 Hour Modules Practice Lab, Retreats + Events

Date	Subject	Presenter
2018		
April 5th	Practice Lab 6-8 PM "Arm Balances and Teaching Level 2/3"	Kacie McEgan - guest presenter Free TT and Graduates
April 13 - 15	Intermediate + Advanced Ashtanga Inspired Asana	Tim and Olga Laporte
April 19	Practice Lab	Naomi/Marisa
April 27 - 29**	Yoga Psychology + Nonduality	Marisa Weppner
May 3	Practice Lab 6-7:30 PM	Naomi/Marisa
May 11 - 13**	Yin Yoga Training Part 1	Marisa Weppner, Naomi Jones
May 17	Practice Lab 6-7:30 PM	Naomi/Marisa
May 18 - 20**	Restorative Yoga Training	Naomi Jones, Michaelyn Muggli, Dr. Celeste Bolin
June 1-3**	Yin Yoga Training Part 2	Naomi Jones, Marisa Weppner
June 7	Practice Lab 6-7:30 PM	Naomi/Marisa
June 15 - 17	NEW! Chakra Vinyasa	Marcy Midnight
June 21	Practice Lab 6-7:30 PM	Naomi/Marisa
July TBD	Yoga for Social Justice	Eric Wallace, Marcy Midnight
Aug 24-26	Ayurveda Yoga's Sister Science	Paul Graham, Elizabeth Canton, Holle McRae
Aug 31-Sept 2**	New! Yoga Philosophy, History and the Sutras Part 1	Naomi Jones, Paul Graham
Sept 6	Practice Lab 6-7:30 PM	Marisa/Naomi
Sept 7-8**	New! Yoga Philosophy, History and the Sutras Part 2	Naomi Jones, Paul Graham
Sept 20	Practice Lab 6-7:30 PM	Marisa/Naomi
Sept 21-23	2018 Vinyasa 200 Hour TT Begins! Core Module 1	Marisa Weppner, Marcy Midnight, Naomi Jones
Oct 4	Practice Lab 6-7:30 PM	Marisa/Naomi
Oct 18	Practice Lab 6-7:30 PM	Marisa/Naomi
Oct. 26-28	Vinyasa 200 Hour TT Core Module 2	Marisa Weppner, Marcy Midnight, Naomi Jones
Oct 19-21	Meditation for Life	Dana Menlove
Nov 1	Practice Lab 6-7:30 PM	Marisa/Naomi
Nov 2 - 4	Yoga for Trauma and Special Populations	Caitlyn Lanier
Nov 9-11*	Vinyasa 200 Hour TT Core Module 3	Marisa Weppner, Marcy Midnight, Naomi Jones
Nov 15	Practice Lab 6-7:30 PM	Marisa/Naomi
Nov 30-Dec 2	The Subtle Body: Movement of Prana in the Body and Mind	Eric Wallace

Dec 6	Practice Lab 6-7:30 PM	Marisa/Naomi
Dec 7-9	Introduction to Tantra Yoga and Sacred Relations	Eric Wallace, Marisa Weppner
Dec 14-16**	NEW! Yoga Nidra Training Part 1	Marisa Weppner, Naomi Jones, Cynthia Alleman
2019		
Jan 11-13	NEW! Yoga Nidra Training Part 2	Marisa Weppner, Naomi Jones, Cynthia Alleman
Jan 18-20*	Vinyasa 200 Hour TT Core Module 4	Dr. Jen Dorn and Dr. Celeste Bolin
Dec 20	Practice Lab 6-7:30 PM	Marisa/Naomi
Feb 1-3*	Vinyasa 200 Hour TT Core Module 5	Marisa Weppner, Marcy Midnight, Naomi Jones
March 8-10*	Vinyasa 200 Hour TT Core Module 6	Marisa Weppner, Marcy Weppner, Naomi Jones
April 5-7	Vinyasa 200 Hour TT Core Module 7	Marisa Weppner, Marcy Midnight, Naomi Jones
June 14-16	NEW! Chakra Vinyasa	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
- Payment plans available
- 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 (7)

**Yin/Restorative Yoga and Yoga Nidra 200 Hour Core Modules (7)

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

300 hour mentor: Marisa Weppner at info@sageyogaboise.com

For details and to register: sageyogaboise.com Questions: info@sageyogaboise.com