



# YogaCurrents

## Intensive & Teacher Training

August 28, 2026 – April 25, 2027

See "[Save the Dates](#)" for complete schedule. Subject to change.



### Class Structure

Each weekend includes asana, anatomy, physiology, philosophy, methodology, and some practice teaching.

(Teaching is scaffolded throughout the course from simply sharing one movement to teaching a full length class. Teaching is one of the most effective methods of learning, but you are welcome to focus only on the immersion and leave the teaching out.)

### August 28-30

Support and connection. Hips, feet, and support. Standing poses and balance.

### September 18-20

Stability, strength, and centering. Core and torso. Forward folds, twists, and arm balances.

### October 23-25

Opening, acceptance, and ease. Shoulders and arms. Backbends and shoulder stand.

### November 12-15

Integration. Neck, head, and connection. Headstands and restoration.

### December

Online prerecorded classes for teacher trainees. Focus on discovering energetics.

### January 15-17

Adjustments and alignment.

### February 19-21

An energetic perspective Part 1. Tapping into the breath.

### March 12-14

An energetic perspective Part 2: Balancing personal energetics.

### August 2-4

Union. Putting it all together, expanding. Connection and fluidity. Joints, sticky outies, and motion. Final presentations.

### August 23-25

Becoming your own teacher. Finding and sharing your gifts. Final presentations and celebration.

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## Program Costs

**Enroll before July 28<sup>th</sup> and receive \$300 off**

Application Fee	Applied to tuition - Nonrefundable	\$50
Deposit	Applied to tuition - Nonrefundable	\$200
Intensive program tuition		<b>\$3408</b>
Required <a href="#">texts and optional supplies</a>		\$15-\$350
YogaCurrents teacher training manual		\$0

### **Early Bird Special Tuition Special**

**\$3108**

**Enroll before July 28<sup>th</sup>**

payment plans available

cash or check payment reduces the price by the 3% credit card fee

Repeat students receive 25% off (much has shifted since pre-covid)

Partial scholarships may be available.

Minimum 6 participants maximum 12

Included: Help making up 20 hours of missed classes

Additional Fees: Hourly rate applied to help make up additional missed classes.

See additional teacher track requirements below.

# Teacher Track

## Additional Requirements for Yoga Alliance 200 Hour Certification

One year grace period to complete make up sessions and additional requirements.

<b>20 Hours Drop-In or Workshop Classes</b> <ul style="list-style-type: none"><li>• At least 5 of these hours must be with Leigh.<ul style="list-style-type: none"><li>◦ 25% off drop in classes and workshops with Leigh (not including travel retreat costs)</li></ul></li><li>• Online classes are an option. Live classes (online or in person) are preferred</li></ul>	\$56.25 +
<b>3.5 Hours Observing and Assisting</b>	\$0
<b>16 Hours Online Prerecorded Classes</b>	\$0
<b>2 Hours Business of Yoga (tentatively April 20, 2027 online)</b>	\$0
Complete study guides, readings, writings, home practice, and practicum teaching. Expect 4-20 hours per month of work outside of class depending on your goals and work flow.	Comprehensive mentorship and support included.

Addition requirements and competency must be completed by May 31<sup>st</sup>, 2028 to receive certification.