



# YogaCurrents

2020-2021

Winter Intensive

&

Yoga Alliance 200 Hour Teacher Training

Let Yourself Thrive!



August 2021						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

December 2022						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April 2022						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

September 2021						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

January 2022						
Su	Mo	Tu	We	Th	Fr	Sa
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

May 2022						
Su	Mo	Tu	We	Th	Fr	Sa
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

October 2021						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2022						
Su	Mo	Tu	We	Th	Fr	Sa
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

June 2022						
Su	Mo	Tu	We	Th	Fr	Sa
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

November 2021						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

March 2022						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Meeting Times						
Thursdays 6-9pm						
Fridays 6-9pm						
Saturdays 10-1pm & 2:30-6:00pm						
Sundays 10-2pm						
Tuesday Nov. 23 6-9pm						
166.5 hrs						
9 Weekends						

### Additional Requirements for Yoga Alliance Certification:

- 20-22 hours drop-in classes – 5 hours minimum with Leigh
- One subtle body workshop offered throughout Alaska and abroad (8-10 hours)  
Dates subject to change
  - Fascia Unraveled. You are connected. You are One.
    - Alternative: Embodiment Practices to Soothe the Soul in McCarthy September 10-13, 2021
  - A Journey Inward. Exploring the Koshas. (Spring 2022)
  - Chakra Discovery Workshop. Align yourself from the inside out. (Beginning Online March 2021)
  - Vitality and the Vayus. Tap into your energy and let yourself thrive! (Panama Jan. 15-23 2022)
- 6 sessions (1-1.25 hours) observing and assisting

Additional requirements must be completed by May 31<sup>st</sup>, 2023 to receive certification.