



YogaCurrents



Winter Intensive & Teacher Training September 16, 2021 – May 7, 2022

Meets every other Thursday and one Friday-Sunday a month.

See "Save the Dates" for complete schedule.

Thursdays 6-9pm

Fridays 6-9pm

Saturdays 10-1pm & 2:30-6:00pm

Sundays 10-2pm

Course Structure

Each weekend includes: Asana; Functional Anatomy & Physiology; Philosophy; Methodology; and Time playing with, exploring, and sharing the variations of individual practice. Options are always provided for safety and challenge for all bodies.

September 16 – 19 & 30

Support and Connection: Hips, feet, and support. Standing poses and balance.

October 14 - 17 & 28

Stability, Strength, and Centering: Core, torso, wrists, and arms. Forward folds, twists, and arm balances.

November 11 – 14 & 23

Opening, Acceptance, Ease and Integration: Shoulder, neck, and head. Backbends and shoulder stand. Headstands and restoration.

December 9 – 12

Adjustments and Alignment: Finding your inner teacher.

January 27 – 30

An Energetic Perspective Part 1: Tapping into the breath.

February 10 & 24-27

An Energetic Perspective Part 2: Balancing personal energetics.

March 10 & 24-27

Union: Putting it all together and expanding. Fluidity. Joints, sticky outies, and motion.

April 7 & 21-24

Becoming your own teacher: Finding and sharing your gifts.
Special topics and presentations.

May 5-7

Final presentations and celebration.
Let yourself thrive!

Timeline subject to change

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Intensive Program Costs

Enroll before July 25th and receive \$450 off

Intensive program tuition		\$3275
Application Fee Applied to tuition - Nonrefundable	\$75	
Deposit Applied to tuition - Nonrefundable	\$300	
Required texts and optional supplies		\$100-\$300
YogaCurrents Teacher Training Manual		\$0
Total cost with Intensive tuition and supplies		\$3375 - \$3575

Early Bird Special Tuition Special

\$2825

Enroll before July 25th

payment plans available

credit cards add 3% service fee

See additional teacher track requirements.

Course hours increased to meet new Yoga Alliance Standards.

Required Book List Sent Upon Request

There are options for required texts in addition to optional texts.

There are too many options to list here.

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Teacher Track

Additional Requirements for
Yoga Alliance 200 Hour Certification

20 - 22 Hours Drop-In Classes

- 15 hours live classes with a Yoga Alliance registered yoga teacher.
 - At least 5 of these hours must be with Leigh and are included in your tuition.
- 5 hours can be with any teacher or online.
- Additional workshops with RYT teachers may be substituted for 10 hours of drop-in classes.

\$50 - \$240

6 Hours Observing and Assisting

\$0

Subtle Body Workshop

Offered throughout Alaska and abroad (8-10 hours)

- Fascia Unraveled. You are Connected. You are One.
- A Journey Inward. Exploring the Koshas to the Self.
- Chakra Discovery Workshop. Align from the inside out.
- Vitality and the Vayus. Tap into your energy and let yourself thrive!

\$155-\$250

Complete study guides, readings, writings, home practice, and practicum teaching. Expect 8-20 hours per month of work outside of class.

Comprehensive mentorship and support included.

Additional Teacher Track Fees

\$205 - \$490

Addition requirements and competency must be completed by May 31st, 2023 to receive certification.