



Registered Yoga School (RYS)
Phyllis Johnston, M. Ed., E-R.Y.T.
205 E. Water Street, Suite C
Centreville, MD 21617
410 310 6803

www.everybodyyoga.biz info@everybodyyoga.biz

Advanced Yoga Studies/Registered Yoga Teacher Training 2018 Schedule

Total cost of program is \$3,120. If you make all payments by cash or check, there is a \$120 savings which will be reflected in your final payment.

IMPORTANT DATES

Application due: December 15, 2017 with \$250 application fee

If accepted:

December 30, 2017 - 1st payment of \$2,000 due

March 1, 2018 - Remaining balance of \$870 (\$750 if all payments made by cash or check) due

Weekend Schedule

Fridays 6 – 9 pm

Saturdays 8am – 5 pm

Sundays 8am – 4 pm

PROPOSED 2018 Schedule

1. Jan. 5-7 2018
Monday January 15 or Saturday, January 13, 2018
2. Feb. 2 – 4, 2018
3. Feb 16-18
4. March 9-11
5. April 6-8
6. April 20 - 22
7. May 11 & 12 (no Sunday)
8. June 1 – 3
9. June 15 – 17
- 10. June 22 – 24**

Make up weekend if needed.

Proposed Texts:

Yoga Anatomy by Leslie Kaminoff

Teaching Yoga by Mark Stephens

The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar

Every Body Yoga for Beginners DVD

Other DVDs/CDs as needed

Other supplies: journal, 3 ring binder, other notebooks as needed, pen and pencil