



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

2018-19 Schedule

Advanced Yoga Studies/Registered Yoga Teacher Training New Format – Two weekends and 19 Tuesdays

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: August 15, 2018 with \$250 application fee
Program begins Tuesday, September 18, 2018**

PAYMENT SCHEDULE:

**September 1, 2018 - 1st payment of \$2,000 due
January 1, 2019- Remaining balance of \$870 (\$750 if all payments made by cash or check) due**

Weekends: September 28 -30, 2018 & January 25-27, 2019

**Fridays 6 – 9 pm
Saturdays 8am – 5 pm
Sundays 8am – 4 pm**

Tuesdays 9am – 5:30 pm
Sept 18 – December 11, 2018
January 8 – February 12, 2019

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/books as needed

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