

2012

Yoga Spirit Academy

Weekend Training Dates

January 2012 – December 2012

2012

Training Dates:

Month 1:	January 21-22
Month 2:	February 18-19
Month 3:	March 17-18
Month 4:	April 21-22
Month 5:	May 19-20
Month 6:	June 16-17
Month 7:	July 21-22
Month 8:	August 11-12 <i>date change</i>
Month 9:	September 15-16
Month 10:	October 20-21
Month 11:	November 17-18
Month 12:	December 15-16

All weekend modules are repeated in case you have to miss a month.

Meeting times:

Saturday	1:00 – 7:00 pm
Sunday	1:00 – 7:00 pm

Location:

Classes meet at Yoga Co-operative at The Farm Office Building, 5321 S. Sheridan Road, Suite 21, Tulsa, OK.

Directions:

The Farm Office Building is located at the intersection of 51st St. and Sheridan Rd. Enter from Sheridan Rd., just south of Pier 1 Imports. Go past Pier 1 and the Office Building will be on the right. Look for the YOGA sign in the northeast section of the Office Building.

Food and drink: No food allowed in the yoga studio. Sealed drink containers only in the studio. There is hot and cold filtered water and a microwave in the conference room.

Bring with you:

Sweater or jacket, notebook and pen, required books, yoga mat, eye covering, meditation cushion (if you have one), and additional blankets.

Questions:

Call Janet Parachin at 918-261-9786.