



Thank you for your interest in Yoga Teacher Training, below you will find an outline of dates, times, expectations, perks and the like! Feel free to contact me with any questions, k10yogas@gmail.com

Location: K10Yoga CoOp: A Community Yoga Studio, a part of Jasper & Fern
469 W End Blvd. Winston Salem, NC

Dates/Time: January 10, 12-14 February 7, 9-11
March 7, 9-11 April 11, 13-15 May 9-12*
Wednesday and Friday nights 6-9pm, Saturday 10-5, Sunday 1-4

Requirements: - Attend 5 Core Weekends (dates above)
- Take 50 Yoga Classes
- Attend 15 Hours of Workshops
- Observe 5 Classes, Assist 5 Classes, Teach 5 Classes
- Complete 30 Asana Reports & Workshop Reports
-Optional Online Book Club (5 Workshops Hours)
-Tuition Paid in Full

Reading List: There is no required reading list for this program, there is a suggested book list that will be provided upon enrollment. You are encouraged to purchase based on subjects you feel most drawn to.

Yoga Alliance: Upon completion of the program, students will be Registered Yoga Teachers at the 200hr Level. Must complete all requirements within one year of start date.

Perks: Discounted Access to K10Yoga Stream: An Online Yoga Community
\$10 off Massage at Jasper & Fern
Free Classes with Kristen at CoOp & discounts as local studios
Workshops included with Kristen on Core Sundays from 10a-12p

Love and Light,

Kristen

K10Yoga School

