

YOGA STUDY WITH MONA 2019/2020

I am offering a Summer Immersion Yoga Study and announcing Fall Yoga Study Dates!

Open to all levels of yoga student. The study of yoga, physical activity, but also meditation and self-inquiry have enriched my life beyond measure. Choosing to study how yoga heals and transforms lives; and ways to share it, is HUGE. It is a commitment beyond financial. It is a commit of time, energy to walk the infinite yoga path with friends you have yet to meet.

I put my heart and soul into each and every training, and invite all who love yoga to walk the yoga study path with me.

People are needed to SHARE Yoga:

- Gyms/health clubs
- Children's classes
- Senior classes
- Chair yoga
- Dance/sports teams

TWO OPTIONS:

Summer Immersion (completion November 2019) or Weekend Intensives (completion May 2020). **See back for details**

Includes
Summer
Unlimited
Class Pass
(\$275 value)

Cost:
\$2,800
(see back)

Contact Mona:
info@sunmoonyogastudios.com,
Facebook, and (507) 340-7099
for payment information
and an Application Packet.

YES! Sun Moon Yoga Study qualifies you for Yoga Alliance 200hour RYT (Registered Yoga Teacher).

See yogalliance.org for details.

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SUNMOONYOGASTUDIOS.COM

SUN MOON YOGA STUDY

This is not a cookie-cutter, corporate-yoga teacher training. This is not a shiny-new, practice-on-you program; Sun Moon Yoga Study is the longest established Yoga Alliance yoga study program in a five-state area. Sun Moon Yoga Study graduates are excellent yoga teachers, but the program is not focused on teaching yoga, it is focused on intentional EXCELLENCE in sharing yoga. So whether your intention is teaching yoga at the YMCA, volunteering to teach a Chair class at VINE, sharing with your family or friends on vacation, you feel aligned with the honor of teaching yoga. It feels authentic, because it is based on true and dedicated study. In Sun Moon Yoga Study you will be welcomed in a supportive learning experience for mind, body and spirit.

OPTION ONE

SUMMER IMMERSION–COMPLETION NOVEMBER 17, 2019

SI: SATURDAYS

- 8am-1:30pm (6x)
- June 22, 29;
July 6-27.

SI: SUNDAYS

- 10am-12:30pm (6x)
- June 23, 30;
July 7-28

SI: WEDNESDAYS

- 5:30-9:30pm (8x)
- June 26; July 10-31

Add these Weekend Intensives Sat./Sun.*

- Sept. 21/22
- Oct. 12/13
- Nov. 16/17

OPTION TWO

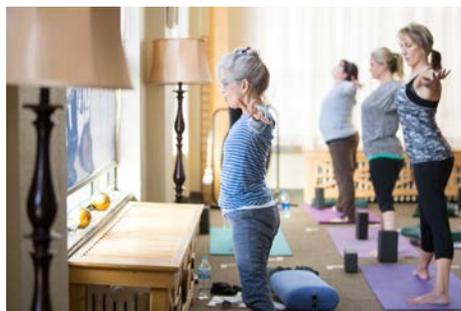
EIGHT WEEKEND INTENSIVES–COMPLETION MAY 3, 2020

- There are two Summer One-days (July 27, Aug. 17) and optional date choices for flexibility and making-up missed required hours. If you miss the first two Summer One-days you may join the training on the Sept. 20-22 weekend, and makeup the hours.

Required weekend dates:

- July 27: ONE Saturday, 10am-4pm
- Aug. 17: ONE Saturday, 10am-4pm
- Sep. 20-22: Friday-Sunday
- Oct. 11-13 and/or Oct 25-27, Friday-Sunday
- Nov. 15-17 (Fri.-Sun.) and/or Nov. 23-24 (no Friday)
- March 27-29: Friday-Sunday
- April 24-26: Friday-Sunday
- May 1-3: Friday-Sunday

COST \$2,800 ▪ Paid in full at first meeting **OR** Two Payments ▪ \$1,500 each (\$3,000)



*To complete Yoga Alliance 200hour Standards to become a RYT, add these Fall Sat/Sun Intensives.