

NAPA VALLEY YOGA CENTER

Spring 2020 Yoga Teacher Training Enrollment now open



Has yoga changed your life?

Do you want to share this with others & inspire them follow the same path? Or are you simply interested in refining your yoga practice & learning more about the history tradition, & meaning of yoga?

Join Napa Valley Yoga Center's 200-hour Yoga Teacher Training program. It's fun, challenging, & graduates say it is a life-changing experience. You will make good friends. You will grow & learn about yourself in ways you didn't think possible.

If you are thinking now might be the right time for you to do Yoga Teacher Training...it probably is!

Ready to start the conversation?

Contact Program Directors Peter & Amy Hall at Connect@NapaValleyYogaCenter.com
Learn more at www.NapaValleyYogaCenter.com

Faculty

Our Yoga Teacher Training program is led by Nichole Golden & Courtney Willis, two of Napa Valley's most experienced & beloved yoga teachers. Throughout your training you'll also be joined by guest teachers who are experts in their fields to deepen your understanding of such topics as anatomy, Ayurveda, & the history of yoga.

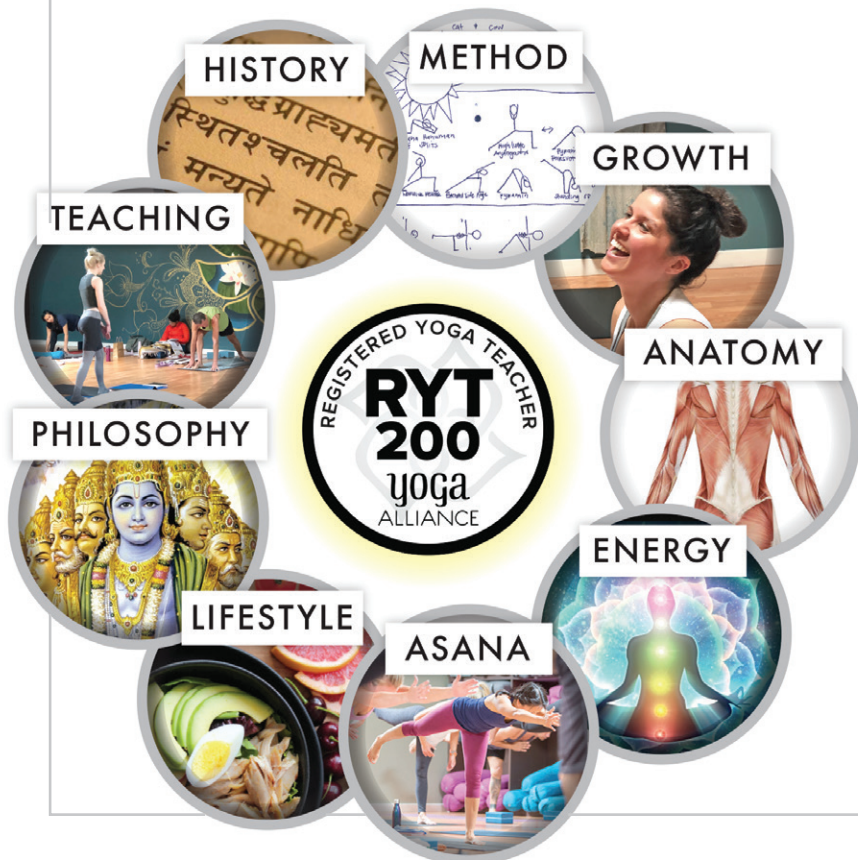


Nichole Golden & Courtney Willis

We have been evolving & refining our program for years to exceed Yoga Alliance requirements for yoga teacher certification...we hope you'll join us.

Tuition

Tuition is \$3,250 (early bird: \$2,950 before Feb. 28). Flexible payment plans are available to accommodate many financial situations.



Spring 2020 program dates

Fridays 6:00 pm to 9:00 pm	Saturdays & Sundays 9:00 am to 4:30 pm
Mar. 6	Mar. 7 & 8
Mar. 13	Mar. 14 & 15
Mar. 20	Mar. 21 & 22
Mar. 27	Mar. 28 & 29
Apr. 3	Apr. 4 & 5
*weekend of Apr. 10/11/12 is off	
Apr. 17	Apr. 18 & 19
Apr. 24	Apr. 25 & 26
May 1	May 2 & 3
May 8	May 9 & 10
May 15	May 16 & 17