

Utopia Yoga Academy YATT Autumn 2018

Schedule for the 7-month course, once per month Friday-Sunday

Course start date October 12th 2018

Friday October 12 – 14:00-19:00

Saturday October 13 – 8:00-16:00

Sunday October 14 – 8:00-15:00

Friday November 16 – 14:00-19:00

Saturday November 17 – 8:00-16:00

Sunday November 18 – 8:00-15:00

Friday December 7 – 14:00-19:00

Saturday December 8 – 8:00-16:00

Sunday December 9 – 8:00-15:00

Friday January 18 – 14:00-19:00

Saturday January 19 – 8:00-16:00

Sunday January 20 – 8:00-15:00

Friday February 22 – 14:00-19:00

Saturday February 23 – 8:00-16:00

Sunday February 24 – 8:00-15:00

Friday March 15 – 14:00-19:00

Saturday March 16 – 8:00-16:00

Sunday March 17 – 8:00-15:00

Friday April 12 – 14:00-19:00

Saturday April 13 – 8:00-16:00

Sunday April 14 – 8:00-15:00

Outside of these scheduled hours will be self-practice, at-home study, and practicum.

Practicum– Before receiving certification, new teachers are required to teach 12 hours of class themselves. The monthly practical exam will count towards this, as well as the option of teaching private classes, outdoor yoga, at the studio etc. for either free or a at a student price.

Yoga Alliance Certified Instructors leading you in this yoga course:

Jerrica Zeron: Lead Trainer, Hatha, Pranayama, Philosophy, Teaching Techniques

Maria Murelius: Vinyasa, Anatomy, Teaching Methodology

Alexandra Sjöberg: Yin Yoga, Philosophy, Anatomy

Olivia Berggren: Anatomy, Find Your Flow

Catalina Palma: Hot Yoga, Asana

Utopia Yoga Studios AB

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