



TRUE NORTH  
YOGA

TEACHER TRAINING

## **200 Hour Restorative YTT**

Weekend 1: March 5-6 Restorative Yoga 1

Weekend 2: April 2-3 Restorative Yoga 2

Weekend 3: May 7-8 Yin Yoga 1

Weekend 4: June 4-5 Yoga Nidra 1

Weekend 5: July 9-10 Restorative Yoga 3

Weekend 6: August 6-7 Anatomy & Physiology

Weekend 7: September 3-4 Yin Yoga 2

Weekend 8: October 1-2 Yoga Nidra 2

Weekend 9: November 5-6 Restorative Yoga for Special Populations

Weekend 10: December 3-4 Resilience and Wellbeing

**Hours:** 8-5 Saturday and Sunday