



Foundation Training I

With
Monica Cullinane, E-R.Y.T. 500

WHERE

Academy of Yoga
102 S. 5th Street
Grand Junction, CO 81501

DATE & TIME

Saturday—Sunday
AUGUST 23 & 24
1:00—6:00pm

Limited to first 15 paid registrants

COST

Pre-registration by Aug 01
\$ 80 per class
\$150 per weekend
If space available after Aug 01
\$ 95 per class
\$175 per weekend

INQUIRIES

Phone: (970) 255.8029
info@academyofyoga.com
www.academyofyoga.com



10 HOURS

Curriculum:

- 6 hours: Learning poses
- 2 hours: How to teach, qualities of a teacher, and practicing on your classmates
- 2 hours: Philosophy, ethics & lifestyle

We ask that you like yoga & want to learn more about yoga.

Please bring a mat, yoga clothes, notebook, pen/pencil, water bottle, and a snack.