

# Yoga OAK

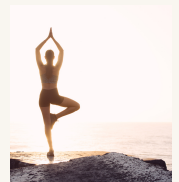
Yoga of Alignment Kollektive

YogaOAK University

## 300-hour Yoga Teacher Training



ALL 2023-2024, trainings will be available In Person and Livestream in order to ensure the training can begin and complete within the dates listed below as well as accommodate multiple time zones and geographic locations.



## MEETING DATES AND TIMES

This training is designed to take you step by step through the process of teaching safe, sustainable, alignment based yoga. You will be immersed in the community of your cohorts as you learn anatomy, sequencing, pose modifications and variations as well as philosophy and personal development.

This training will be divided into the following meeting schedule available in-person and livestream. If you are local, we ask that you attend in person as often as you are able.

**Our Training Dates are September 09, 2023 - June 02, 2024**

This 300 Hour Yoga Alliance approved yoga teacher training will begin September 09, 2023 and complete June 2, 2024.

**IMPORTANT:** Upon acceptance to the program, you will receive access to Yoga Foundations: Course One (over 120 videos to assist you in your studies throughout the teacher training- created by Rachel Lundberg) and will be required to complete the video series and accompanying workbook before our first meeting. Please allow yourself a minimum of 30 days to review this material and complete the workbook before we begin our opening weekend September 9, 2023.

**Deadline for 200/300 YTT application submission: Wednesday, August 9th 2023**

Our first meeting will be Saturday, September 9, 2023 from 12 pm - 6 pm and Sunday September 10, 2023 from 12:00 pm - 6:00 pm. See detailed schedule below.

Classes will be online except for those with (\*), it will be offered in-person and online.

## FALL SEMESTER

### FALL KICK OFF WEEKEND (IN-PERSON/ONLINE):

- Sep. 09, 2023 (Saturday at 12:00 PM - 6:00 PM)
- Sep. 10, 2023 (Sunday at 12:00 PM - 6:00 PM)

### SEPTEMBER 2023

- Sep. 12 (Tuesday, 7:15 PM - 9:15 PM)\*
- Sep. 16 (Saturday, 1:00 PM - 4:00 PM)\*
- Sep. 19 (Tuesday, 6:00 PM - 8:00 PM)
- Sep. 26 (Tuesday, 7:15 PM - 9:15 PM)\*

### OCTOBER 2023

- Oct. 02 (Monday, 12:00 PM - 4:00 PM)\*
- Oct. 03 (Tuesday, 12:00 PM - 4:00 PM)\*
- Oct. 04 (Wednesday, 12:00 PM - 4:00 PM)\*
- Oct. 05 (Thursday, 12:00 PM - 4:00 PM)\*
- Oct. 06 (Friday, 12:00 PM - 8:00 PM)\*
- Oct. 10 (Tuesday, 6:00 PM - 8:00 PM)
- Oct. 17 (Tuesday, 7:15 PM - 9:15 PM)\*
- Oct. 21 (Saturday, 1:00 PM - 4:00 PM)\*
- Oct. 24 (Tuesday, 6:00 PM - 8:00 PM)

### NOVEMBER 2023

- Nov. 07 (Tuesday, 7:15 PM - 9:15 PM)\*
- Nov. 14 (Tuesday, 7:15 PM - 9:15 PM)\*
- Nov. 18 (Saturday, 1:00 PM - 4:00 PM)\*
- Nov. 28 (Tuesday, 6:00 PM - 8:00 PM)

### DECEMBER 2023

- Dec. 05 (Tuesday, 7:15 PM - 9:15 PM)\*
- Dec. 12 (Tuesday, 6:00 PM - 8:00 PM)
- Dec. 19 (Tuesday, 7:15 PM - 9:15 PM)\*
- Dec. 16 (Saturday, 1:00 PM - 4:00 PM)\*

### JANUARY 2024

- Jan. 09 (Tuesday, 7:15 PM - 9:15 PM)\*
- Jan. 16 (Tuesday, 6:00 PM - 8:00 PM)
- Jan. 23 (Tuesday, 6:00 PM - 8:00 PM)
- Jan. 20 (Saturday, 1:00 PM - 4:00 PM)\*
- Jan. 30 (Tuesday, 7:15 PM - 9:15 PM)\*

## WINTER SEMESTER

### SPRING KICK OFF WEEKEND (IN-PERSON/ONLINE):

- Feb. 03, 2024 (Saturday at 12:00 PM - 6:00 PM)
- Feb. 04, 2024 (Sunday at 12:00 PM - 6:00 PM)

### FEBRUARY 2024

- Feb. 06 (Tuesday, 6:00 PM - 8:00 PM)
- Feb. 13 (Tuesday, 7:15 PM - 9:15 PM)\*
- Feb. 17 (Saturday, 1:00 PM - 4:00 PM)\*
- Feb. 20 (Tuesday, 6:00 PM - 8:00 PM)
- Feb. 27 (Tuesday, 7:15 PM - 9:15 PM)\*

### MARCH 2024

- Mar. 04 (Monday, 12:00 PM - 4:00 PM)\*
- Mar. 05 (Tuesday, 12:00 PM - 4:00 PM)\*
- Mar. 06 (Wednesday, 12:00 PM - 4:00 PM)\*
- Mar. 07 (Thursday, 12:00 PM - 4:00 PM)\*
- Mar. 08 (Friday, 12:00 PM - 8:00 PM)\*
- Mar. 12 (Tuesday, 6:00 PM - 8:00 PM)
- Mar. 16 (Saturday, 1:00 PM - 4:00 PM)\*
- Mar. 19 (Tuesday, 7:15 PM - 9:15 PM)\*

### APRIL 2024

- Apr. 02 (Tuesday, 6:00 PM - 8:00 PM)
- Apr. 09 (Tuesday, 7:15 PM - 9:15 PM)\*
- Apr. 16 (Tuesday, 6:00 PM - 8:00 PM)
- Apr. 20 (Saturday, 1:00 PM - 4:00 PM)\*
- Apr. 23 (Tuesday, 7:15 PM - 9:15 PM)\*
- Apr. 30 (Tuesday, 6:00 PM - 8:00 PM)

### MAY 2024

- May 04 (Saturday, 1:00 PM - 4:00 PM)\*
- May 07 (Tuesday, 7:15 PM - 9:15 PM)\*
- May 14 (Tuesday, 6:00 PM - 8:00 PM)
- May 17 (Friday, 6:00 PM - 8:00 PM)\*
- May 18 (Saturday, 12:00 PM - 6:00 PM)\*
- May 19 (Sunday, 12:00 PM - 6:00 PM)\*
- May 21 (Tuesday, 7:15 PM - 9:15 PM)\*
- May 28 (Tuesday, 7:15 PM - 9:15 PM)\*

### GRADUATION 2024

- May 31 (Friday, 6:00 PM - 8:00 PM)\*
- Jun. 01 (Saturday, 12:00 PM - 6:00 PM)\*
- Jun. 02 (Sunday, 12:00 PM - 6:00 PM)\*

All of our In-Person meetings will be held at Thrive Yoga and Wellness in Oregon City, OR. If you are tuning in from out of town, all meetings will be held hybrid allowing you to complete the program via Livestream with hopes you can come in person for the longer weekend meet ups as it is possible for you.

Thrive Yoga and Wellness  
1107 7th St  
Oregon City, Or 97045  
<https://www.thriveyogaoc.com/>  
<https://www.yogaoak.com/>

# YOUR TUITION INVESTMENT

300 Hour Yoga Teacher Training and Alignment Based Yoga Specialist™ ABYS Level 2 Certification

Your Investment includes:

- All training hours with Rachel Lundberg, ERYT 500 and staff in Portland, OR (virtually and/or in person)
- Access to Yoga Foundations: Course One (over 120 videos to assist you in your studies throughout the teacher training- created by Rachel Lundberg)
- Printed module materials (required texts are not included in your tuition)
- Ongoing support via a Private Facebook group for members of the teacher training group
- All of the training requirements you need to meet to receive your RYT 300 from Yoga Alliance.
- Extensive training in Alignment Based Yoga setting you up to offer safe and sustainable yoga practices to yourself and those you teach with an Alignment Based Yoga Specialist™ ABYS Level 2 certification.
- A free unlimited membership to Thrive Yoga and Wellness In-Person and Online Classes for the duration of the training.

Not included in your tuition investment:

- Any asana classes taken outside of Thrive Yoga and Wellness
- Required texts
- 3-6 Additional Anatomy training workshops that can be done virtually through a variety of sources with different pricing options (more information once training begins)

## TOTAL COST OF YOUR INVESTMENT:

- \$4500 total
- \$500 non-refundable deposit upon being accepted into the program, this \$500 goes toward the total cost of tuition
- Monthly payment plans available

**Take advantage of these ways to SAVE:**

Additional Payment in Full Discount

\$200 discount for paying your tuition in full by August 1, 2023 (payment plans are also available)

\*\*\*Because we make all of our arrangements based on your commitment to be in the program, we do not offer refunds after September 9, 2023 (a refund would be any amount paid minus your deposit). We want you to be fully committed to the program just as we are fully committed to you\*\*\*

You will receive a list of the required texts once you have been accepted into the program.

Once you have submitted your online application you will receive an email confirming we have received it. We will then set up a phone interview to make sure the program is a good fit for you and give your further enrollment details from there.

## Contact Details

Please direct all questions to Rachel by contacting her

Name	Email
Rachel Lundberg	rachel@lundberggyoga.com