

DATES

Dates & Times for Oct & Nov: 2:00-5:00pm

OCTOBER: 14-16, 19-23, 26-30

NOVEMBER: 2-8 (7th & 8th are CLIR weekend training on Sat & Sun from 11-6pm, 9-10, 12-13, 16-20 (break for Holiday)

Dates & Times for late Nov, Dec & Jan: 10:30-1:30pm

NOV: 30

DECEMBER: 1-4, 7-11, 14-18 (break for Holiday)

JANUARY: 2- 3 (11-6pm are the hours for these two days) 4-8, 11-15, 18-22, Sat the 23rd in person or on Zoom graduation.

ONLINE SESSIONS & TRAINING

Each training day an asana practice (avg. 60 min) is also assigned, as well as 30 minutes of meditation which can be broken up however you want, done whenever you want. Each training day there will be a Zoom lecture offered *live or recorded* to training participants on training days. You are not required, but are encouraged, to be at the live sessions when they occur. Having said that, if you work and this is not an option Jacqui can get you the recorded training within 24 hours of the session once requested, provided technology agrees. It's OK to miss sessions or not be able to practice. All of your work must just be done and made up by Jan 23rd. A Zoom account is free, and necessary.

TUITION

\$3,000.00

Normally \$4,000 but due to the Yoga Alliance online accommodations this training can be offered for \$1,000 less! Take this opportunity to train with 3 dedicated mentors. Payment plans can be arranged.

PAYMENT OPTIONS

Option 1: Early Bird price paid by Sept 22nd: \$2500.00 (this is also an option for those who have done the Apprenticeship with Jacqui any time before the start of the program or those receiving a scholarship)

Option 2: Pay \$3000 by program start date: Oct 14th

Option 3: Pay in 3 installments: \$1000 by Oct. 14th, \$1000 by Nov. 30th, \$1000 by Jan. 14th

Option 4: Scholarship recipients can pay \$1000 by Oct. 14th, \$1000 by Nov 30th, \$500 by Jan 14th

SCHOLARSHIPS of \$500 available for those who may need it. Email Jacqui directly. **Funds are limited** and first come, first served. If you have done the Apprenticeship with Jacqui, contact her directly before you register for the program. You have a \$500 program credit, and 24 hours credit.

You must purchase “Buddha’s Brain” by Rick Hanson prior to the course and begin reading it.

QUESTIONS

CONTACT JACQUI by phone (781) 710-3933 to discuss the program or contact her THROUGH EMAIL: jacquibonwell@gmail.com

For more on lead teachers visit:

www.courtneybellyyoga.com

www.kimspearyyoga.com

DUAL CERTIFICATION

You will receive:

CLIR Training (Clinically-Informed Restorative yoga for Trauma Certification)

500hr YA Certification

FMS & Balanced Athlete™ Training

*Energetic Sequencing & Emotional Anatomy training *Teaching advanced Theming, retreats, leading groups *Business*in~depth sutra study *teaching meditation *neuroscience *Diversity training & more!

~THIS IS FOR STUDENTS READY TO BECOME LEADERS~