



WildYoga 200-hour Teacher Training

2018-2019 WildYoga Teacher Training Weekends



Welcome! Our WildYoga weekends will be so sweet as we come together in a light-filled yoga home in the historic and wild town of Mariposa. Studio M Yoga is an incredibly beautiful space conducive to both teaching and practicing. We will have all the benefits of an indoor yoga space to facilitate our learning, while still accessing beautiful natural outdoor settings.

The information in this letter will help with the preparations for Weekends in November, December, January, February, and March. Please don't hesitate to email info@balancedrock.org or call us at 209-379-9453 with any questions.

Overview



- November 2-4, 2018 **Earth Element:** Teaching from a grounded & supported place.
- December 7-9, 2018 **Water Element:** Fluidity & adaptability in teaching.
- January 4-6, 2019 **Fire Element:** Discernment and precision in teaching.
- February 1-3, 2019 **Air Element:** Teaching from the heart.
- March 1-3, 2019 **Space Element:** Tapping into source for your voice.

IMPORTANT: We will meet at Studio M Yoga at 6:00pm on Friday evenings and conclude at 4pm on Sundays. Please arrive by 5:45pm on Friday, already having eaten dinner, so we can start on time. Detailed schedules for each weekend will be emailed separately. Please bring a copy of your completed homework to hand in each weekend.

Lodging: Accommodation is not included in the tuition for weekends. Students are responsible for making their own accommodation arrangements. We have some recommendations for you in a separate document, please read it and contact us with any questions.

Meals: Students are responsible for their own food throughout these weekends. There are many restaurants within walking distance, as well as one large grocery store and one medium sized health food store in town. Sometimes students self-organize to create and share meals. There is a refrigerator, sink, microwave, and hot water kettle at Studio M Yoga for your use. Please bring your own dishes, utensils, and anything else you need for your own food preparation. Balanced Rock will provide tea throughout the weekend.

Gear: A selection of yoga mats, straps, blocks and bolsters will be available for use, though feel free to bring your own. Please bring your binders and notebooks. Bring layers as we plan to spend some time outdoors weather-permitting. Other suggestions may come from instructors via email in the weeks preceding the training.

Directions to
Studio M Yoga:

5009 5th Street Mariposa, CA 95338

Arriving in Mariposa from the west (Hwy 140 from Merced) or the south (Hwy 49S) take a left onto 5th street right at the beginning of town.



Arriving in Mariposa from the east (Hwy 140 from Yosemite), or the north (Hwy 49N) drive through town, and after passing the block of historical buildings, take a right turn onto 5th street.

We encourage carpooling if at all possible! All participant contact info is available on the google doc so you can coordinate rides amongst yourselves. Public transportation is available to Mariposa from San Francisco and Oakland via the BART train, Amtrak, and the YARTS bus. Ask us for details or support if interested!

*Please note there is no wifi at the studio, however there is good cellular reception for most carriers, and wifi available elsewhere in town.

We look forward to seeing you soon!

Peace and Learning,

Heather Sullivan & Paula Wild
Balanced Rock Directors