

Deepen Your Yoga Program

The Yoga Well Institute
2023 Program Guide



<https://www.yogawell.com/>

Welcome

We are glad you are here. Thank you for requesting the Deepen Your Yoga Program Guide.

Deepen Your Yoga is a training for Yoga Practitioners. It is designed to help you go deeper into Yoga both experientially and informationally.

Whether you are newer in your Yoga journey, looking to rekindle your relationship with Yoga after years of study, or simply seeking, this program will support you on your journey.

With this in mind, here is what you can expect from these pages:

- Details about the time commitment, cost, and expectations of those in the Program
- Information about seeking Yoga Alliance Certification after completing the Program
- Contact information for when you have questions about the program

We hope to hear from you soon.

May You Be Well,
The Yoga Well Team



Deepen Your Yoga offers the time and space to explore:

- Indian principles and ideas from which the practice of Yoga developed.
- A coherent understanding of the what, why & how of Yoga practice, both on the mat and in your life.
- Personal development that provides an opportunity for sustainable transformation through individual one-to-one guidance
- Being in community of like-minded seekers engaged in deep study

This is partially possible due to the emphasis on Mentorship in the program.

An individual Viniyoga Mentor is required for all students in this program. If you don't have one, we will help you get connected with one. [Learn more about Mentorship here.](#)



Program Details

Begins: October 28th, 2023

Duration: 15 Months

Program Schedule

44 Evening classes

Tuesday nights from 4-7pm PT / 7-10pm ET

14 Saturday Intensives

7am-1pm PT / 10am-4pm ET

- Saturday 10/28 - Intensive #1
- Saturday 12/2 - Intensive #2
- Saturday 1/13/23 - Intensive #3
- Saturday 2/17 - Intensive #4
- Saturday 3/23 - Intensive #5
- Saturday 4/13 - Intensive #6
- Saturday 5/18 - Intensive #7
- Saturday 6/22 - Intensive #8
- Saturday 7/27 - Intensive #9
- Saturday 8/17 - Intensive #10
- Saturday 9/21 - Intensive #11
- Saturday 10/26 - Intensive #12
- Saturday 11/23 - Intensive #13
- Saturday 12/14 - Intensive #14



Program Details

Yoga for Meditation

- Weekly from 7-7:30am PT / 10-10:30am ET

The Application of Meditation

- August - December 2024 on the 2nd and last Wednesday of the month from 7:45 - 8:45am PT / 10:45-11:45am ET

Monthly Mentoring

- One-to-one meetings with your personal Yoga Mentor

Financial Investment: \$5,495

A non-refundable deposit of \$750 is required to secure your space. The remaining balance of tuition is divided into 14 monthly payments (\$338.93).

If you pay in full before the start of the program, we offer a 10% discount which brings the tuition to \$4,945.50



Certification (ERYT-300)

This program is centered on deepening your personal practice. However, if you want to receive your 300 Hour Yoga Teacher Certification through Yoga Alliance, you may elect to complete 30 additional Practicum hours. To learn more please schedule time to speak with our admissions department.

Ready for the next step?

Joining Deepen Your Yoga Program is a big commitment. It's natural to have questions and concerns as you consider if this program is the right fit for you.

The best way to get your questions answered is to schedule a call with our Admissions Staff.

Start Here

Our Admissions Staff is committed to working with you to make the right next steps for your Yoga journey.

