



1000 Hour Yoga Therapy Certification – Covid-19 Changes

Make the commitment to yourself and become a yoga therapist learning skills to teach weekly yoga therapy classes, workshops, and develop a private clientele. Yoga North International SomaYoga Institute is honored to be one of the first schools in the world and the only school in the Midwest to hold accreditation from the International Association of Yoga Therapist for our Yoga Therapy Program.

This program takes place over Zoom and from our studio in Duluth, Minnesota. The program has traditionally included five separate intensives spread over a two-year period with extensive mentoring, practicum work, and online distance learning. During 2021-2022 social distancing precautions we have adjusted these intensive modules to work better with online learning. You will see this reflected in the new schedule as each of the first modules has an A and B component with a break in the middle as well as weekly Monday evening classes and live online methodology classes.

This certification program begins after completing the Level 1/500 hour program at Yoga North ISYI (or at another qualified Level1/500 hour program) and maintaining at least one year of yoga practice and yoga teaching.

Old Program Dates:

Module 1: March 27–April 4, 2021

Module 2: July 24–August 1, 2021

Module 3: December 4–12, 2021

Module 4: April 27–May 1, 2022

Module 5: September 15–18, 2022

Throughout 2021-2022 Program Training:

Online Live Class Mondays: 6:30–8:30 PM CST

Additional SomaYoga Classes

New Program Dates:

The first two modules will be held on Zoom

Module 1a: March 27-29, 2021 Module 1b: April 1-3, 2021

Module 2a: July 24-26, 2021 Module 2b: July 30-Aug 1, 2021

We will hope to be in person in Duluth, MN or hybrid dependent on Covid-19. Tentatively:

IF ZOOM - Module 3a: Dec 4-6, 2021 Module 3b: Dec 10-12, 2021

IF IN-PERSON --Module 3 Dec 4-12, 2021

Module 4: April 27 – May 1, 2022

Module 5: Sept 15-18, 2022

Throughout 2021-2022 Program Training:

Online Live Class Mondays: 6:30–8:30 PM CST

Weekly live SomaYoga Methodology Classes

Old Investment:

Regular enrollment: \$9,750

plus \$50 application fee

Early Enroll by 12/15/20: \$9,250 plus \$50

application fee

***Additional Discount for current +350/500 Yoga North ISYI Students!**

Meals:

\$350 per module. Meals includes deliciously wholesome, ashram style breakfasts and dinners during module training days. All meals provided are vegetarian. You are welcome to supplement other dietary needs on your own, including snacks and other sources of protein.

New Investment:

Regular enrollment: \$9,750

plus \$50 application fee

Early Enroll by 12/15/20: \$9,250

plus \$50 application fee

***Additional Discount for current +350/500 Yoga North ISYI Students!**

Meals:

No charge for meals as students will be on their own for all food options. When in person an area with a fridge, rice cooker, instant pot, microwave oven and basic food preparation items will be provided for students use.