



Stay Connected with The Yoga Abbey

We'd love to stay in touch with you and support you in your post-training journey!

BE RESOURCED IN OUR LEADERS WING

Upon graduation you'll be given access to our Leaders Wing for three months. We hope the resources there are immensely helpful for you as you step out in faith as a new teacher. You'll find dozens of sequence breakdowns, class theme ideas, and dozens of topic-specific workshops. You'll also be invited to our monthly Leaders-Only live gatherings. If you want to retain access to all these resources after Sep 19, 2022, you'll need to sign up for a monthly Leaders membership at \$50/month.

ASSIST WITH FUTURE TRAININGS

We love to welcome back graduates to assist us and future students in training. You'll likely see an email invitation from us a few weeks in advance of future trainings, but if you know you're interested, please reach out!

TEACH IN THE YOGA ABBEY

All our yoga and meditation leaders are graduates of one of our programs. We would love to invite you to be part of our teaching team! The requirements to apply are:

- Be an active member of The Yoga Abbey
Practicing with us regularly.
- Teach for at least one year after graduation
This is an essential part of finding your unique teaching voice and growing in confidence.
- Have the ability to record clean audio and visual recordings