



In our Yoga Teacher Training Course, you will learn to inspire health and happiness in others through the ancient teachings of asana, pranayama, meditation, and the study of yoga philosophy.



All while enriching your own life! Regardless of where you are on your journey, our program is designed to empower you as you embark on a remarkable once in a lifetime path of self-exploration. Don't wait! Now is the time to turn to spiritual life, and discover the peace within.

COME TOGETHER YOGA SCHOOL TRAINING DETAILS



Contact Us

📞 516.652.3422

🔍 cometotheryoga.com

✉️ liz@loveintegrationyoga.com



60 Maple Ave, RVC, NY 11570

DISCOVER YOUR ELEVATED PATH

Welcoming students of all ages + levels of experience to join us for the Fall 2023 Season (no prerequisites required)



Become a 200 Hour
Registered Yoga Teacher
Sept 29th - Dec 3rd 2023

~ BE THE CHANGE YOU WISH
TO SEE IN THE WORLD ~

Looking to embark your next chapter?

Are you searching for a meaningful adventure that will enrich your life, no matter your age? Look no further! Come Together Yoga Studio invites you to embark on a transformative yoga teacher training course. This course is tailor-made for individuals who are seeking a profound connection with themselves and the world around them.

Why is this teacher training course right for you? Why now?

Life is a continuous journey, and we believe that every stage offers unique opportunities for growth and self-discovery. Whether you are approaching retirement, seeking a new chapter, entering a new phase, or simply yearning for personal development, our course will empower you to unlock your full potential.

Throughout this immersive program, you will embark on a remarkable voyage of self-exploration, gaining a deep understanding of both the physical and spiritual aspects of yoga. Our experienced instructors will guide you through a comprehensive curriculum that covers a wide range of topics.:



Lead Training Staff



Elizabeth Dunne

Lead Teacher

Liz Dunne, a respected teacher and steward of Love Integration Yoga. She is widely recognized for her gentle teachings and mentorship. With a remarkable ability to perceive the unique potential in others, Liz takes great delight in creating an empowering environment for her students to uncover the yoga teacher within themselves.



Tre Marigliano

Lead Teacher

Tre is the dedicated Steward of Come Together Yoga Studio. Established in 2013, Come Together is a thriving hub for special events and trainings.

Tre's innate teaching abilities and motivational spirit, her accessible, fun, and inviting classes create a welcoming environment for all. Experience Tre's passion for yoga as she guides you on your journey.



Prem Sadasivananda

Lead Teacher

Prem Sadasivananda, a distinguished scholar in Vedantic Philosophy, Hindu Scripture, and Sanskrit, His teaching style is accessible, making ancient Yogic scriptures and texts come alive in the modern world. Previously known as Swami Sadasivananda, Prem embarked on a 24-year spiritual journey as a sannyasin (monk) within the Sivananda Organization.

Training Schedule

Sept 29 - Oct 1

Oct 14 - Oct 16, Oct 27 - Oct 29

Nov 10 - Nov 12, Nov 17 - Nov 19

Dec 1 - Dec 3

Weekend sessions:

Friday/Saturday/Sunday

Friday night sessions: 2.5 hours, 5:30 - 8:00 pm (some virtual sessions)

Saturday and Sunday sessions:

12:00-5:00 pm

(may start earlier on occasion)

Trainees meet every other Monday at 5:15 pm

Exact schedule provided prior to training start.

Curriculum:

- Sequencing and Teaching
- Meditation and Yoga Nidra
- Pranayama and Breathwork
- Assisting and Assessing
- Yoga Anatomy and Alignment
- Physical Benefits of Yoga
- Specialized Yoga (Kids, Prenatal, Adaptive)
- Yoga Philosophy and History
- Yoga of Conscious Eating
- The Business of Yoga
- Service On and Off the Mat

Tuition

Full Tuition is \$2950

(due in full 2 weeks prior to training start date)

\$500 Deposit post acceptance

Payment Plan Options Available