



Want your yoga for FREE?

We are looking to add a few deep cleaning elves to our current roster.

1.5-2 Hours a week in exchange for unlimited yoga classes!

Contact Cindy at

deskercoordinator@yamayogastudio.com

Monday, May 1st, Yama Yoga turns 12!

It has been a joyous and exciting ride for the past 12 years. It is you, our devoted students, that have made all the best moments possible. Also a special shout out to all the amazing teachers who have shared this Yama journey over the years and blessed all of us with their knowledge and love...THANK YOU!



All Day Monday...

Bring a friend for FREE, any class. Happy Birthday to US!

Book a FREE Monday class for a friend using promo code:

HappyBDayYama at checkout

(only available for online sales on Monday, May 1st).

Get your body in shape for your Summer adventures!



Yoga Basics

Mondays, 7pm

with

[Shannon Cunningham](#)

Wednesdays, Noon

with

[Marylisa Ayala](#)

Wednesdays, 6pm

with

[Shannon Cunningham](#)

[Learn More Here About the Basics Sale & Basic Packages!](#)

Yin Yoga - A Monthly Offering



with Michelle Warren

Join this deeply nourishing and meditative practice which includes mindful stretching and supported postures. Gentle, deep stretches encourage health from our deep connective tissues to our entire body and mind. Supported poses allow us to explore and attend to the energetic pathways running through the body

This weekend, April 30

Sunday 4:00-5:15PM

Memberships and packages do apply.

[Sign Up Online](#) for this Sunday

Live music by Dennis Hawk This Sunday at 10:30am, Elm Grove Class with Marietta



Join us this coming Sunday, April 30th for our Yama Yoga Elm Grove class at **10:30am** featuring live music by **Dennis Hawk and Victoria**.

Class takes place at:



[WHYoga-PT](#)

780 Elm Grove Rd between Bluemound and Watertown Plank.

All packages and memberships do apply.

[Sign up here for Sunday's class.](#)



Latest Yama Class Schedule

Keep track of the most
up-to-date Yama schedule

[LEARN MORE HERE!](#)

Yama Yoga YA 200-Hour Teacher Certification Program now available online for enrollment.

2017-2018 Application

Space is limited...
Applications accepted May 1st.



Yama Yoga Teacher Training

Teacher training at Yama Yoga is an immersive personal experience and foundation for a part-time or full-time career as a yoga teacher.

Our goal is to offer you the tools, training and support to teach high-quality hatha yoga classes with confidence. This 8-month teacher training program combines over 200 hours of in-person weekend training sessions with online learning and individual mentoring to offer a challenging and unique teacher training experience.



Director:
Marietta Pucillo
E-RYT 200

Guest Faculty Include:

Laura Rooney PHD, E-RYT 500 • Ali Szarzynski E-RYT 500 • Ryan Hader E-RYT 200 • Tina Romenesko E-RYT 500, AMT 200 • Jon Witt E-RYT 500 • Heather Burkhardt E-RYT 200 • Morgan Engles & Michelle Warren • Dennis Hawk, Niffer Clarke, and more...

2017-2018 Schedule

In-person Sessions
Saturday & Sundays, 9am – 6pm

2017
September 23-24
October 21-22
November 18-19

December 9-10
2018
January 6-7
January 27-28

February 17-18
March 10-11
March 31 - April 1
April 28-29

Learn More & Sign-Up:

yamayogastudio.com/teachertraining



Yama Yoga

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