



**The Nest Collaborative Awakened Heart  
Yoga Teacher Training Immersion 2025**

**Training Dates**

<b>40 ZOOM Online Hours</b>	<b>160 On-Site Hours</b>
April 22, 25	26, 27
May 27, 30	31, June 1
June 24, 27	28, 29
July 22, 25	26, 27
August 26, 29	30, 31
September 23, 26	27, 28
October 14, 17	18, 19
November 18, 21	22, 23

**Training Times**

Tuesdays 6:00 pm-8:30 pm	Saturdays 11:00 am-8:00 pm
Fridays 6:00 pm-8:30 pm	Sundays 8:00 am-6:00 pm
	+8 observing/assisting hours

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