

WAINWRIGHT
HOUSE

Yoga

training
academy



Returning teachers: Paula Heitzner,
Patty Holmes and Susan Wright
All Advanced E-500 RYT



OPEN HOUSE
RYT-200 Training
Overview, Q&A

September 9
7:00PM - 8:30PM
FREE EVENT

SUNRISE YOGA
A Month of Yoga
Mondays with Julia

Aug 8 - SEP 12
6:15AM - 7:15AM
Cost: \$15
No Class Labor Day

YOGA FOR PEACE
Reflection &
Remembrance

September 11
1:00PM - 4:00PM

INTRO WORKSHOP
Teaching Yoga
to Young People

August 20
1:30PM - 3:30PM
Cost: \$40

RYT-200 Yoga
Certification
10-weekends

1st Module Sep 23-25
6:30AM - 9:30AM
Cost: \$2895/\$3095

ASHTANGA YOGA
On The Lawn
Water Views!

August 21
10:30AM - 11:30AM
FREE EVENT

ANATOMY TRAINS®
For Movement
Specialists with
Lauri Nemetz

October 1 & 2
Sat 10-6, Sun 8-4
Cost: \$350/\$400

OPEN HOUSE
RYT-200
Yoga Training
Overview, Q&A

August 21
5:00PM - 6:30PM
FREE EVENT

RCYT TRAINING
Teaching Yoga
to Young People
5 weekend

1st Module Oct 8-9
12:30PM - 6:30PM
Cost: \$1695/\$1795

For more details please visit
wainwright.org or call 914-967-6080
All classes held at Wainwright House
260 Stuyvesant Avenue, Rye, NY