

1. Spirit of the Lake Yoga, 244 Water St, Excelsior, MN 55331, nicole@spiritofthelakeyoga.com (Nicole POC), www.spiritofthelakeyoga.com
2. It depends on how many credits they transfer in and have remaining. Our program is 200 hours and each credit hour is \$15. The full program is \$3,000.
3. Yes, we are willing to accept previous hours. We will need documentation/validation that they have completed the hours as well as a copy of the program's syllabus. Documentation can be a signed statement from any of their faculty members, verifying their complete of the hours.
4. We offer a 200 hour Registered Yoga Teacher program, approved through the Yoga Alliance.
5. 200 hours
6. 200 hour RYT