

Mission Statement

Attuned Wisdom School of Yoga exists to guide students and teachers into a deeper relationship with the intelligence of the body. Through yoga, breath, and embodied awareness, we cultivate resilience, inner wisdom, and the capacity to live and teach from a place of presence, compassion, and authenticity.

LEAD TEACHER

Monica Livingston

B.S.Ed, E-RYT 500, LMT, LE, Usui Reiki Master, Certified Pilates Instructor (FITOUR)

Monica brings over 770 hours of advanced yoga training along with a background in education and kinesiology, creating a teacher training experience that is both deeply informed and highly practical. Her approach bridges anatomy, nervous system awareness, and intuitive teaching, helping students truly understand the body in an anatomically sound and energetically attuned way.

GUEST TEACHERS

Megan Adams | Ashtin Morgan | Colleen Potter | Dindy Yokel

FIVE PILLARS OF ATTUNED WISDOM SCHOOL OF YOGA

Nervous System Literacy & Breath

Understanding the nervous system is foundational to an embodied yoga practice. Students learn how breath, pacing, and awareness influence states of stress, regulation, and resilience, and how yoga practices can support balance and healing.

Fascia & Functional Anatomy

Students explore the body through the lens of fascia, joint function, and intelligent movement patterns. This pillar emphasizes sustainable alignment, adaptability, and understanding the body as an interconnected system.

Embodied Self-Inquiry & the Subtle Body

Yoga becomes a practice of listening inward. Through movement, reflection, and subtle body awareness, students develop the ability to sense the body's signals, explore prana and energetic anatomy, and cultivate inner guidance.

Intelligent Strength, Movement & Therapeutic Yoga

Students learn how to build strength, stability, and mobility in ways that support the whole body. Emphasis is placed on functional movement, therapeutic application, and adapting practices to meet the needs of diverse bodies.

Living Yoga & Real-Life Integration

Yoga is more than what happens on the mat. Through philosophy, self-study, and practical integration, students learn how yoga informs daily life, relationships, and authentic teaching.

TUITION

\$2,500

\$500 deposit due upon registration.

Remaining \$2,000 due at the start of the program or payable in monthly installments of \$200 over 12 months.

A limited number of scholarships are available. Each training offers one 50% tuition scholarship awarded based on demonstrated financial need. Contact for more information.

PROGRAM DATES

2026

September 11-12

October 2-3

November 13-14

December 4-5

2027

January 8-9

February 5-6

March 5-6

April 16-17

May 7-8

June 11-12

July 9-10

August 13-14