BECOME A THAY GRADUATE MEMBER

For $35 per month, gain all access to Three and a Half Acres Yoga’s (THAY) expert training and resources on trauma-informed yoga, breathing, and meditation techniques.

From exclusive video training tutorials to a skillfully curated and ever-growing library of transcripts, guides, and tips, a THAY Graduate Membership plan has everything any trauma-informed trained yoga teacher needs to succeed.

**Video Tutorials**
A catalog of training videos led by THAY Founder, Lara Land.

**Transcripts**
Video transcripts to encourage thorough retention.

**Guides**
Informational guides for comprehensive learning.

LEAD THE WAY. HEAL THE COLLECTIVE.

Your membership gives you:
- 50% off tickets to our educational workshops.
- Access to all alumni session recordings.
- Access to extended versions of techniques from alumni meetings.
- Access to special events recordings.
- Discounts on Land Yoga workshops and trainings.
- Listing of your support on THAY’s website.

This membership program is designed specifically for graduates from THAY’s Trauma-informed Yoga Teacher Training Program who would like to further their knowledge and training in trauma-informed yoga, breathing, and meditation. Learn how you could become a THAY Graduate by visiting www.threeandahalfacres.org/thay-training.