

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.

