

FOUNDATIONAL YTT

	LEARNSHOP	LEARNSHOP	LEARNSHOP	MENTOR GROUP
MODULE 1 YAMAS+NIYAMAS	OCTOBER 13	OCTOBER 14		OCTOBER 23/24
MODULE 2 ASANA	NOVEMBER 10	NOVEMBER 11		NOVEMBER 27/28
MODULE 3 PRANAYAMA	DECEMBER 8	DECEMBER 9		DECEMBER 18/19
MODULE 4 PRATYAHARA	JANUARY 12	JANUARY 13	JANUARY 20	JANUARY 29/30
MODULE 5 DHARANA	FEBRUARY 9	FEBRUARY 10	FEBRUARY 17	FEBRUARY 26/27
MODULE 6 DHYANA	MARCH 8	MARCH 9	MARCH 16	MARCH 25/26
MODULE 7 SAMADHI	APRIL 12	APRIL 13	APRIL 20	APRIL 29/30
MODULE 8 LIVING YOGA	MAY 10	MAY 11		

PRACTICUM

YANTRA

FINAL EXAM

COURSE ORIENTATION	COMMUNITY GIVING	COMMUNITY GIVING	COURSE SURVEY POOL PARTY!
SEPTEMBER 9			MAY 19

