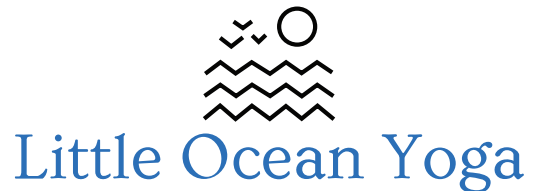


Join us for this incredible opportunity. This 300 hour YTT is comprised of online content to be completed each week as well as live sessions in person or on zoom.

**Training Includes:**

10 Online Modules  
Weekly Philosophy Reading & Discussions  
Daily Meditation  
Asana Clinics  
Practice Hours  
Observation Hours  
Teaching Hours  
Weekly Sessions in person or on zoom  
Mentorship  
Final Project



**Philosophy:**

Yoga & The 8 Limbs  
The nature of the Mind & Suffering  
Ego & Perception  
Yamas & Niyamas  
Yoga Sutras  
Book Club Options

**Online Modules (taken in this order):**

Movement  
Hip  
Spine  
Shoulder  
Sequencing  
Pranayama  
Pelvic Floor  
Yin Yoga  
Meditation  
Accessible Yoga

*The Cost of this training is \$3500 (Save \$300 if paid in full by training start date)*

Two Course Options:

Weekday Option:

Training begins 10/12 Meets Tuesdays & Thursdays 11am-2pm for 10 weeks

Weekend Option:

Training begins 1/3 and meets every Saturday 1045am- 5pm for 10 weeks