

YOGA TEACHER TRAINING



WEEKEND PLANNER

OCTOBER
2026

OCT 3-4

Orientation, History, 8 Limbs Of Yoga, Ethics, Professionalism, & Teaching from the ❤️

OCT 17-18

The Art Of Teaching, Asanas - Standing & Balancing

OCT 31-1

The Science & Soul of Yoga + Pranayama Techniques

NOV 7-8

Asanas: Sun Salutations & Standing & balancing

NOV 21-22

Hands-On Adjustment & Props - Asanas: Seated & Forward Folds

DEC 5-6

Teaching Methodologies + Asanas: Inversions & Backbends

DEC 19-20

Cultivating your Voice & Teaching From Your ❤️ Mindfulness & Meditation

JAN 16-17

Subtle Body - Mudras, Bandas, Chakra Theory Trauma-Informed Practice & Somatic Practice

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JAN 30-31

Chair Yoga & Intro to Prenatal & Children's Yoga

FEB 6-7

Practice Teaching

FEB 13

Ayurveda & Yoga Biz & Marketing

FEB 14

GRADUATION 🎓🌸

Total course hours = 200. 180 In-Person contact hours and 20 non-contact hours. 20 non-contact hours consist of karma teaching, personal practice, journaling, meditation, and class observation.



If you've been feeling that quiet pull toward something deeper, more meaningful, and more aligned, this may be your sign.

Deepen your practice. Find your voice. Step into your purpose.

Your journey begins here. APPLY TODAY! 🧘‍♀️✨