

UPCOMING 300-HOUR COURSES

MARCH 2021

The Moon Path: The Sacred Teachings of Yoga for Women

with Sierra Hollister, Lead Trainer
March 5 - 7, 2021
Contact Hours: 14 Non-Contact Hours: 2

Therapeutic Essentials of Yoga

with Joe Taft, Lead Trainer
March 8 - 11, 2021
Contact Hours: 24 Non-Contact Hours: 4

Yoga, Mindfulness and Psychology for Mental Health Part Two

with Maeve Hendrix, Lead Trainer
March 20 - 21, 2021
Contact Hours: 8 Non-Contact Hours: 1

Yoga and Marma

with Shala Worsley, Lead Trainer
March 20 - 21, 2021
Contact Hours: 8 Non-Contact Hours: 1

Yoga and Self-Care Strategies for Chronic Pain

with Libby Hinsley, Lead Trainer
March 26 - 28, 2021
Contact Hours: 14 Non-Contact Hours: 2

Mantra

with Michael Johnson, Lead Trainer
March 26 - 28, 2021
Contact Hours: 14 Non-Contact Hours: 2

Mindful Assists

with Tucker Shelton, Lead Trainer
March 27 - 28, 2021
Contact Hours: 8 Non-Contact Hours: 1

Creative Theming & Sequencing

with Ruth Morrow, Lead Trainer
March 19 - April 1, 2021
Contact Hours: 24 Non-Contact Hours: 4

APRIL 2021

Mindful Flow, Meridians & the Five Elements

with Gota Cebrero, Lead Trainer
April 9 - 11, 2021
Contact Hours: 18 Non-Contact Hours: 3

Neurobiology of the Nervous System

with Maeve Hendrix, Lead Trainer
April 10 - 11, 2021
Contact Hours: 8 Non-Contact Hours: 1

Therapeutic Ball Rolling

with Deirdre Smith-Gilmer, Lead Trainer
April 16 - 18, 2021
Contact Hours: 18 Non-Contact Hours: 3

Yoga, Meditation & Mindfulness Practices Part Two

with Shala Worsley, Lead Trainer
April 17 - 18, 2021
Contact Hours: 8 Non-Contact Hours: 1

5-Day Bhakti Vinyasa Intensive

with Michael Johnson, Lead Trainer
April 19 - 23, 2021
Contact Hours: 30 Non-Contact Hours: 5

Yoga for Bendy People: A Multidisciplinary Approach to Hypermobility

with Libby Hinsley, Lead Trainer
April 23 - 25, 2021
Contact Hours: 14 Non-Contact Hours: 2

Subtle Body Anatomy – Chakras, Channels & Fields

with Sierra Hollister, Lead Trainer
April 24 - 25, 2021
Contact Hours: 8 Non-Contact Hours: 1

The Power of Now

with Joe Taft, Lead Trainer
April 30 - May 2, 2021
Contact Hours: 14 Non-Contact Hours: 2

Decoding the Yoga Sūtra

with Michael Johnson, Lead Trainer
April 30 - May 2, 2021
Contact Hours: 14 Non-Contact Hours: 2

MAY 2021

5-Day Yoga Nidra Intensive: Learn the Art and Science of Yoga Nidra

with Indu Arora, Lead Trainer
May 5 - 9, 2021
Contact Hours: 30.5 Non-Contact Hours: 5

Restoring Deep Connection: Yoga in Attachment, Addiction & Recovery

Janelle Railey, MA, LPC, RYT
May 7 - 9, 2021
Contact Hours: 14 Non-Contact Hours: 2

UPCOMING EVENTS SCHEDULE

Pancamaya: The 5 Koshas

with Libby Hinsley, Lead Trainer

May 14 - 16, 2021

Contact Hours: 14 Non-Contact Hours: 2

Yin Yoga Teacher Training Part Two

with Shala Worsley, Lead Trainer

May 15 - 16, 2021

Contact Hours: 8 Non-Contact Hours: 1

Yoga for Back Care

with Libby Hinsley, Lead Trainer

May 21 - 23, 2021

Contact Hours: 14 Non-Contact Hours: 2

Yoga, Meditation and Consciousness

with Michael Johnson, Lead Trainer

May 21 - 23, 2021

Contact Hours: 14 Non-Contact Hours: 2

The Art of Teaching Yoga

with Joe Taft, Lead Trainer

May 28 - 30, 2021

Contact Hours: 14 Non-Contact Hours: 2

JUNE 2021

Introduction to Sanskrit

with Michael Johnson, Lead Trainer

June 4 - 6, 2021

Contact Hours: 14 Non-Contact Hours: 2

Kids Yoga

with Ruth Morrow, Lead Trainer

June 11 - 13, 2021

Contact Hours: 18 Non-Contact Hours: 3

5-Day Vinyasa Teaching Tune-up Intensive

with Michael Johnson, Lead Trainer

June 14 - 18, 2021

Contact Hours: 30 Non-Contact Hours: 5

Finding Your Style as a Teacher

with Deirdre Smith-Filmer, Lead Trainer

June 18 - 20, 2021

Contact Hours: 14 Non-Contact Hours: 2

Restorative Yoga & Therapeutic Mindfulness

with Maeve Hendrix, Lead Trainer

June 19 - 20, 2021

Contact Hours: 8 Non-Contact Hours: 1

JULY 2021

Yin Yoga Weekend

with Michael Johnson, Lead Trainer

July 16 - 18, 2021

Contact Hours: 14 Non-Contact Hours: 2

5-Day Pranayama, Mudra & BAndhas

with Indu Arora

July 21 - 25, 2021

Contact Hours: 30.5 Non-Contact Hours: 5

AUGUST 2021

Yoga & Anatomy

with Libby Hinsley, Lead Trainer

August 6 - 8, 2021

Contact Hours: 18 Non-Contact Hours:

5-Day Roots of Yoga Intensive

with Michael Johnson, Lead Trainer

August 9 - 13, 2021

Contact Hours: 30 Non-Contact Hours: 5

The Business of Yoga Part One

with Bruce Barkus

August 14 - 15, 2021

Contact Hours: 8 Non-Contact Hours: 1

Yoga, Psychology & Trauma Part One

Janelle Railey, MA, LPC, RYT

August 21 - 22, 2021

Contact Hours: 8 Non-Contact Hours: 1

Register for more options at
youryoga.com/events.

300-Hour Requirements

270 hours need to be contact hours

135 of those hours need to be with a lead
trainer

135 remaining can be with any trainer

The 30 remaining hours need to be
non-contact hours:

Half-weekend course = 1 hour

Weekend = 2 hours

3-Day = 3 hours

4-Day = 4 hours

5-Day = 5 hours

In order to graduate our credit-based program,
you must complete our enrollment form and
pay the \$150 enrollment fee, complete the
required hours, then apply for completion and
pay the \$50 graduation fee.