**300 hour training dates**

**2024**

**April 12,13,14**

Meditation & Neuroscience with Jen

**May 17, 18, 19**

Embodying Yin 1.0 with Tammy

**June 7, 8, 9**

Anatomy/ dynamic core with Stacey

**July 19, 20, 21**

Business of Yoga with Jen

**Aug 16, 17, 18**

Exploring the Depths of Yin 2.0 with Tammy

**Sept 27, 28, 29**

Adjustments and Alignment with Jen

**Oct 18, 19, 20**

The Art of Breath with Jen

**Nov 8, 9, 10**

Chakras with Stacey

**2025**

**Jan 17,18, 19**

Somatics and Trauma with Jen

**Feb 7, 8, 9**

Journey of Sequencing Development with Stacey

**May 16, 17, 18**

Subtle Anatomy/ Yin Fusion with Tammy

**June 20, 21, 22**

Creative Theming & Intentional Language with Stacey

**July 18, 19, 20**

Meditation & Breath 2.0 with Jen

**Aug 22, 23, 24**

Introduction to Ayurveda with Tammy

**Sept 19, 20, 21**

Exploring Special Populations with Stacey

**Oct 24, 25, 26**

Demystifying the Sutras with Jen

**Nov 14, 15, 16**

The Bhagavad Gita; A Hero’s Journey with Jen

\*must complete 15 of the 17 modules

\*25 hours of a karma service project

**Fridays 5:30-9:30**

**Saturdays 8-4**

**Sundays 8-3**