



Yoga Teacher Training

sample schedule

	DAY 1	DAY 2	DAY 3
WEEK 1	Human Design Basics	Thai Yoga Therapy	Thai Yoga Therapy
WEEK 2	Trainee Thai Review	Basic Yoga Workshop	Intermediate Yoga Workshop
WEEK 3	Ayurveda Remedies	Ayurveda dosha/gunas	Pre/Post-natal Yoga
WEEK 4	Deep Breathing Workshop	Pranayama	Pranayama
WEEK 5	Neuroscience Workshop	Yoga for Emotional Pain	Yoga for Physical Pain
WEEK 6	Practicum	Partner Yoga	Yoga Adjustments
WEEK 7	Business of Yoga	Yoga Philosophy/ 8 limbs/ Sanskrit	Yoga Philosophy/ 8 Limbs/ Sanskrit
WEEK 8	Practicum	Anatomy and Common Injuries	Mudra/Mantra
WEEK 9	Find Your Inner Guru	Finals	Finals