



300 Hour Professional YTT 2022 Dates

January 22-23:	Ayurveda: Living Life in Balance
February 12-13:	Arm Balance and Inversion
March 12-13:	Progressing and Refining Poses 1
March 31 - April 14	Individual/Group Ayurveda Cleanse Required
April 2-3	Passive Restorative Yoga
April 16-17:	Introduction to Singing Bowls
April 23-24:	Hero's Journey 1
May 7-8:	Yin Yoga 1
May 14-15:	Hero's Journey 2
June 11-12:	Refining and Progressing Asana 2
July 16-17:	The Breath of Yoga: Pranayama, Kriya, and Awakening
July 9-10:	Active Restorative Yoga
August 12-14:	Freedom Spaces Retreat
September 3-4:	Yin Yoga 2
September 17-18	Refining and Progressing Asana 3
October 1-2:	Yoga Nidra 1
October 15-16:	Hero's Journey 3
November 5-6:	Using Restorative Yoga for Special Populations
November 12-13:	Hero's Journey 4

December 3-4: Resilience and Wellbeing: The Psychology of Human Behaviour
Required

Hours: Saturdays 8AM - 5PM and Sundays 8AM - 5PM unless stated otherwise.