

300-hour Yoga Teacher Training September 2020- June 2021



Date Wk.	Thursday 6:30 - 9:45	Saturday 12:00 -5:45	Sunday 12:00-5:45
Starts Sat Sept 12		opening day 🌸 Live yoga: Regina 12	Yin Yoga Rosemary 🌸 Sept 13
Sept 17	OFF Sept 17	OFF: Sept 19	OFF: Sept 20
Sept 24	Off Sept 24	Teaching Age 🌸 26 specific groups: Deb	Yin Yoga Rosemary 27 🌸 🟡
Oct 1	Living Yoga Oct 1 🌸 Regina	OFF Oct 3	OFF Oct 4
Oct 8	Off Oct 8	Yin yoga: Rosemary Oct 10 🌸	Yin Yoga: Rosemary 🌸 🟡 Oct 11
Oct 15	OFF Oct 16	OFF Oct 17	OFF Oct 18
Oct 22	Living Yoga Oct 22 Regina 🌸	Trauma sensitive yoga: Emily Oct 24 🌸	Chair Yoga 🌸 Nina Oct 25 🟡
Oct 29	OFF Oct 29	Oct 31 OFF	OFF Nov 1
Nov 5	Nov 5 off	Nov 7 Chair Yoga Nina 12:30-6:15 🌸	Chair Yoga Nina Nov 8 🌸 🟡
Nov 12	Living Yoga Nov 12 Regina 🌸	OFF Nov 14	OFF Nov 15
Nov 19	Nov 19 OFF	Subtle body and yoga: 🌸	Chair Yoga Nina Nov 22 🌸 🟡
Nov 26	OFF Thanksgiving	OFF Thanksgiving	OFF Thanksgiving
December 3	Living Yoga Regina 🌸	Injury Management Dec 5 🌸 Deb J	Bhakti: Dec 6th 6-8p David Newman \$30
Dec 10	OFF Dec 10	OFF Dec 12	OFF Dec 13
Dec 17	OFF	19 Ayurveda and Self-care: Donna 🌸	20 Iyengar Yoga 🌸 Adv alignment 🟡
Dec 24	OFF Dec 24	OFF Dec 26	OFF Dec 27
Dec 31	OFF Dec 31	Jan 2 Ayurveda and Self-care: Donna 🌸	Jan 3 Iyengar: Jeff 🌸 🟡
Jan 7	Living Yoga 🌸 Regina	Jan 9 OFF	OFF Jan 10
Jan 14	Jan 14 OFF	16 Iyengar: Jeff 🌸 12:30-5:45	Iyengar: Jeff 17 🌸 🟡
Jan 21	OFF Jan 21	OFF 23	OFF Jan 24
Jan 28	Jan 28 Living Yoga 🌸 Regina	Yoga Nidra 🌸 Regina Jan 30	Iyengar: Jeff 31 🌸
Feb 4	OFF Feb 4	OFF Feb 6	OFF Feb 7

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Feb 11	OFF Feb 11	Yoga Nidra: 🌸 Regina 13	Yoga Nidra: Regina 14 🌸
Feb 18	Living Yoga 🌸	OFF: Feb 20	OFF: Feb 24
Feb 25	OFF Feb 25	Yoga for back pain: Deb Feb 27 🌸	Yoga Nidra: Regina Feb 28 🌸
March 4	March 4 OFF	March 6 OFF	March 7 OFF
March 11	Living Yoga 🌸 March 11 Regina	Restorative: Dee 13 🌸	Restorative Yoga 14 🌸 Dee 🟡
March 18	OFF March 18	OFF March 20	OFF March 21
March 25	OFF March 25	Restorative yoga 27 Dee 🌸	Restorative Yoga March 28 🌸 🟡
April 1	Living Yoga April 1 🌸 Regina	OFF April 3	OFF April 4 Easter
April 8	April 8 OFF	Mindfulness 10 🌸 Deb D	Mindfulness: April 11 🌸 🟡 Deb D
April 15	April 15 OFF	OFF April 17	Off April 18
April 22	Living Yoga 🌸 Regina	Science of yoga Deb 24 🌸	25 Vinyasa 🌸 🟡 Nina
April 29	OFF April 29	OFF May 1	OFF May 2
May 6	OFF May 6	May 8 Vinyasa Nina 🌸	OFF : Mother's Day May 9
May 13	Living Yoga 🌸	OFF May 15	OFF May 16
May 20	OFF May 20	Vinyasa: Nina 22 🌸	Vinyasa 23 🌸 🟡 Nina
May 27	OFF May 27	OFF: Memorial Day	OFF: Memorial Day
June 3	Living Yoga 🌸	June 5 OFF	Vinyasa 6 🌸 🟡 Nina
June 10	OFF June 10	June 12 Breath techniques 🌸 Dee	OFF June 13
June 17	OFF JUNE 17	Jun 19 Breath Dee techniques 🌸 🟡	June 20 OFF Father's Day
June 24	Graduation Day 🌸		🌸 main room 🌸 lotus room 🌸 sunrise room #2 🟡 200 hr. same day