



**Yoga Alliance 200hr. Teacher Training Certification
2021 Winter Program**

Schedule for Wednesday Nights: 7-9pm

Weekend Schedule: Friday 7-9pm / Saturday & Sunday 12pm-7pm

January 15-17: Introductory Program

Wednesdays: January 20, 27

February 12-14: Deepening the Practice

Wednesdays: February 3,10,17,24

March 12-14: Karin Stephan Alignment Workshop

Wednesdays: March 3,10,17,24,31

April 16-18: The Student / The Teacher

Wednesdays: April 7,14,21,28

May 14-16: Pranayama with Larissa Carlson

Wednesdays: May 5,12,19,26

June 5: Yoga Principles, Saturday only

Wednesdays: June 2,9,16,23,30

June 18-20: Creating a Yoga Class

July 9-11: Subtle Body / Chakras

Wednesdays: July 7,14,21,28

July 30: August 1: Refining the Process / Graduation