

YOGA SYNERGY

200HR YTT SCHEDULE - FALL/WINTER 2022-23

20 HRS OF YOGA CLASSES TO BE TAKEN AT YOGA SYNERGY
(CHANGE)

(SCHEDULE SUBJECT TO

10/25/22 -WEEK 1: 18HRS-TECHNIQUES, TRAINING, PRACTICE & YOGA HUMANITIES

Tuesdays and Thursdays: 6PM-9PM

• 6 hours – Yoga Humanities & Techniques/Training/Practice

Saturday & Sunday: 8AM-3PM (1hr lunch)

• 6 hours- Yoga Humanities

11/1/22-WEEK 2: 18HRS-TECHNIQUES, TRAINING, PRACTICE & YOGA HUMANITIES

Tuesdays and Thursdays: 6PM-9PM

• 6 hours- Techniques/Training/Practice

Saturday & Sunday: 8AM-3PM (1hr lunch)

• 6 hours – Techniques/Training/Practice & Yoga Humanities

11/8/22-WEEK 3: 18HRS-TECHNIQUES, TRAINING, PRACTICE & YOGA HUMANITIES

Tuesdays and Thursdays: 6PM-9PM

• 6 hours- Techniques/Training/Practice

Saturday & Sunday: 8AM-3PM (1hr lunch)

• 6 hours – Techniques/Training/Practice & Yoga Humanities

11/15/22-WEEK 4: 18HRS-TECHNIQUES, TRAINING, PRACTICE & YOGA HUMANITIES

Tuesdays and Thursdays: 6PM-9PM

• 6 hours – Techniques/Training/Practice

Saturday & Sunday: 8AM-3PM (1hr lunch)

• 6 hours- Techniques/Training/Practice & Yoga Humanities

11/29/22-WEEK 5: 18HRS-TECHNIQUES, TRAINING, PRACTICE & YOGA HUMANITIES

Tuesdays and Thursdays: 6PM-9PM

• 6 hours – Techniques/Training/Practice

Saturday & Sunday: 8AM-3PM (1hr lunch)

• 6 hours- Techniques/Training/Practice & Yoga Humanities

12/6/22-WEEK 6: 18HRS-ANATOMY & PHYSIOLOGY/ TECHNIQUES, TRAINING, PRACTICE

Tuesdays and Thursdays: 6PM-9PM

• 6 hours- Anatomy & Physiology

Saturday & Sunday: 8AM-3PM (1hr lunch)

• 3 hours- Anatomy & Physiology

• 3 hours- Techniques/Training/Practice

1/3/23-WEEK 7: 18HRS-ANATOMY & PHYSIOLOGY/ TECHNIQUES, TRAINING, PRACTICE

Tuesdays and Thursdays: 6PM-9PM

- 6 hours- Anatomy & Physiology

Saturday & Sunday: 8AM-3PM (1hr lunch)

- 3 hours- Anatomy & Physiology
- 3 hours- Techniques/Training/Practice

1/17/23-WEEK 8: 18HRS-ANATOMY & PHYSIOLOGY/TTP/PROFESSIONAL ESSENTIALS

Tuesday: 6PM-9PM

- 3 hours- Anatomy & Physiology

Saturday: 8AM-3PM (1hr lunch)

- 6 hours- Techniques/Training/Practice

Thursdays: 6PM-9PM

- 3 hours- Techniques/Training/Practice

Sunday: 8AM-3PM (1hr lunch)

- 6 hours- Professional Essentials

1/24/23-WEEK 9: 18HRS PROFESSIONAL ESSENTIALS

Tuesdays and Thursdays: 6PM-9PM

- 6 hours- Professional Essentials

Saturday & Sunday: 8AM-3PM (1hr lunch)

- 6 hours- Professional Essentials

2/2/23-WEEK 10: PROFESSIONAL ESSENTIALS

Tuesdays and Thursdays: 6PM-9PM

- 6 hours- Professional Essentials

Saturday & Sunday: 8AM-3PM (1hr lunch)

- 6 hours- Professional Essentials