



# 2018 Programs

In Date Order

DATES	TITLE	TYPE	LOCATION
<b>January</b>			
Dec 30 – Jan 1	New Year's Retreat – Yoga & Meditation	Retreat	Atlanta, GA
2 – 7	Yoga Therapy Intensive Retreat	Retreat	DYMC
16 – 24	PYT 262: Yoga Therapy – Treating Pain	PYT	DYMC
27 – Feb 4	Deeper: Twists & Seated Poses (ATT 221)	ATT	DYMC
<b>February</b>			
9 – 11	Shaktipat Meditation Retreat	Retreat	DYMC
26 – Mar 4	YTT Level 2	YTT	DYMC
28	Free Intro Phone Call 2018 Year-Long Programme	Year-Long	Phone Call
<b>March</b>			
14 – 18	Foundations	YTT	DYMC
15	Year-Long Programme begins	Year-Long	Multimedia
20 – 25	Deceptive Flexibility 1	EYTS	DYMC
<b>April</b>			
6 – 8	Radical Anatomy	YTT	DYMC
9 – 15	YCT Level 1 (Yoga Classroom Therapeutics)	YCT	DYMC
21 – 26	Retreat with Swami Nirmalananda	Retreat	DYMC
27 – 29	Shaktipat Meditation Retreat	Retreat	DYMC
<b>May</b>			
5 – 9	Teacher Tuneup – Backbends	EYTS	DYMC
15 – 18	PREP: Leading Half Day Workshops	EYTS	DYMC
19 – 25	Leading Half Day Workshops (ATT 201)	ATT	DYMC
31 – June 3	Deepen It Yourself – Yoga & Meditation	Retreat	DYMC
<b>June</b>			
6 – 10	Foundations	YTT	DYMC
24 – 29	Deeper: Lower Spinal Release (ATT 403)	ATT	DYMC

DATES	TITLE	TYPE	LOCATION
<b>July</b>			
5 – 7	Vows Prep Retreat	Vowed Order	DYMC
7 – 11	Vowed Ordered Retreat	Vowed Order	DYMC
11 – 15	Yoga Therapy Intensive Retreat	Retreat	DYMC
19 – 22	Foundations Review	EYTS	DYMC
23 – 29	YTT Level 1	YTT	DYMC
<b>August</b>			
1 – 5	Foundations	YTT	DYMC
9 – 12	Deepen It Yourself – Yoga & Meditation	Retreat	DYMC
<b>September</b>			
6	Leading a Discussion Group begins	MTT	Phone Course
9 – 14	Deceptive Flexibility 2	EYTS	DYMC
21 – 23	Shaktipat Meditation Retreat	Retreat	DYMC
28 – 30	Radical Anatomy	YTT	DYMC
<b>October</b>			
1 – 6	Embodiment	YTT	DYMC
10 – 14	Teacher Tuneup – Standing Poses	EYTS	DYMC
16 – 19	PREP: YTT Level 3	EYTS	DYMC
20 – 28	YTT Level 3	YTT	DYMC
26 – 28	Shaktipat Meditation Retreat	Retreat	DYMC
<b>November</b>			
3 – 11	PYT 463: Yoga Therapy – Neck & Shoulders	PYT	DYMC
16 – 18	Year-Long Programme Retreat	Year-Long	DYMC
23 – 26	Foundations Review	EYTS	DYMC
26 – Dec 7	Meditation Teacher Training	MTT	DYMC
<b>December</b>			
8 – 11	Leading Short Meditations	MTT	DYMC
11 – 18	Meditation Group Leader	MTT	DYMC

# 2018 Professional Trainings

In Downingtown PA: Lokananda

YTT, YCT, ATT and PYT progress you toward new certification levels; EYTS fulfills Continuing Ed without providing additional certifications. Please verify the program prerequisites, as the listings below are only summaries, with the details more fully explained on the course webpage. All Programs are in Downingtown, PA unless another location is specified.

## Yoga Teacher Training

TRAINING	DATES	PREREQUISITES
<b>YTT</b>		
YTT Level 2	Feb 26 – Mar 4	YTT & DTS 1
Foundations	Mar 14 – 18	Everyone Welcome!
Radical Anatomy	Apr 6 – 8	Everyone Welcome!
YCT Level 1 (Yoga Classroom Therapeutics)	Apr 9 – 15	YTT & DTS 1
Foundations	June 6 – 10	Everyone Welcome!
YTT Level 1	July 23 – 29	Foundations (or Review) in last 6 months
Foundations	Aug 1 – 5	Everyone Welcome!
Radical Anatomy	Sept 38 – 30	Everyone Welcome!
Embodiment	Oct 1 – 6	Foundations
YTT Level 3	Oct 20 – 28	YTT & DTS 2
<b>EYTS</b>		
Deceptive Flexibility 1	Mar 20 – 25	YTT & DTS 1, Embodiment
Teacher Tuneup – Backbends	May 5 – 9	YTT & DTS 2
PREP: Leading Half Day Workshops	May 15 – 18	YTT & DTS 2
Foundations Review	July 19 – 22	Foundations
Deceptive Flexibility 2	Sept 9 – 14	Deceptive Flex 1, YCT/YTT3 (10 days)
Teacher Tuneup – Standing Poses	Oct 10 – 14	YTT & DTS 2
PREP: YTT Level 3	Oct 16 – 19	YTT & DTS 2
Foundations Review	Nov 23 – 26	Foundations
<b>ATT</b>		
PYT 262: Yoga Therapy – Treating Pain	Jan 16 – 24	YCT2/YTT2 (10 days) & DTS, Embodiment
Deeper: Twists & Seated Poses (ATT 221)	Jan 27 – Feb 4	YCT4/YTT4 (10 days) & DTS
PREP: Leading Half Day Workshops	May 15 – 18	YTT & DTS 2
Leading Half Day Workshops (ATT 201)	May 19 – 25	YTT & DTS 2
Deeper: Lower Spinal Release (ATT 403)	June 24 – 29	YCT2/YTT2 (10 days) & DTS
PYT 463: Yoga Therapy – Neck & Shoulders	Nov 3 – 11	PYT 262, Radical Anatomy

## Meditation Teacher Training

TRAINING	DATES	PREREQUISITES
<b>MTT</b>		
Meditation Teacher Training	Nov 26 – Dec 7	Shaktipat Retreat, Foundations (within 18 months prior)
Leading Short Meditations	Dec 8 – 11	MTT
Meditation Group Leader	Dec 11 – 18	MTT

## Phone Courses

TRAINING	DATES	PREREQUISITES
<b>Phone Courses</b>		
Free Intro Phone Call 2018 Year-Long Programme	Feb 28	Everyone Welcome!
Year-Long Programme begins	Mar 15	Everyone Welcome!
Leading a Discussion Group begins	Sept 6	Foundations

## Retreats

TRAINING	DATES	PREREQUISITES
<b>Retreats</b>		
New Year's Retreat, Atlanta, GA	Dec 30 – Jan 1	Everyone Welcome!
Yoga Therapy Intensive Retreat	Jan 2 – 7	Everyone Welcome!
Shaktipat Meditation Retreat	Feb 9 – 11	Everyone Welcome!
Retreat with Swami Nirmalananda	Apr 21 – 26	Everyone Welcome!
Shaktipat Meditation Retreat	Apr 27 – 29	Everyone Welcome!
Deepen It Yourself – Yoga & Meditation	May 31 – June 3	Everyone Welcome!
Vows Prep Retreat	July 5 – 7	Vows Prep Course
Vowed Ordered Retreat	July 7 – 11	Vowed Member
Yoga Therapy Intensive Retreat	July 11 – 15	Everyone Welcome!
Deepen It Yourself – Yoga & Meditation	Aug 9 – 12	Everyone Welcome!
Shaktipat Meditation Retreat	Sept 21 – 23	Everyone Welcome!
Shaktipat Meditation Retreat	Oct 26 – 28	Everyone Welcome!
Year-Long Programme Retreat	Nov 16 – 18	Year-Long Programme