



## 2021 Programs

In Date Order

📍 Course offered onsite in Downingtown, PA unless another location is specified

🌐 Course offered online

DATES	TITLE	TYPE	LOC.
<b>December 2020</b>			
12/31 – 1/2	New Year's Retreat	Retreat	📍 🌐
<b>January 2021</b>			
6 – 10	Yoga Healing Retreat	Retreat	📍 🌐
18 – Feb 8	Teaching Online Therapeutics D weekly 6-9pm	EYTS	🌐
20 – 24	Home Meditation Retreat	Retreat	🌐
23 – 31	Yoga Classroom Therapeutics (YCT) 3	ATT	📍
<b>February</b>			
2 – 23	Teaching Online Therapeutics A weekly 2:30-5:30pm	EYTS	🌐
5 – 7	Bliss Yoga Weekend	Retreat	📍
16 – 24	PYT 463: Yoga Therapy – Neck & Shoulders	PYT	📍
22 – Mar 15	Teaching Online Therapeutics A weekly 6-9pm	EYTS	🌐
23 – Aug 10	Teaching Sutras & DTS	MTT	🌐
<b>March</b>			
5 – 9	Yoga Healing Retreat	Retreat	📍 🌐
9 – 30	Teaching Online Therapeutics B weekly 2:30-5:30pm	EYTS	🌐
10 – 14	Brahmacharin-Sannyasin Conference	Retreat	📍
18 – 21	Shavasana Weekend Course	Retreat	📍
25	Year-Long Programme FREE Intro Call	Sutra Studies	🌐
<b>April</b>			
1	Year-Long Programme begins	Sutra Studies	🌐
7 – 11	Teacher TuneUp: Twists & Seated Poses	EYTS	📍
12 – May 3	Teaching Online Therapeutics B weekly 6-9pm	EYTS	🌐
20 – May 11	Teaching Online Therapeutics C weekly 2:30-5:30pm	EYTS	🌐
23 – 25	Chanting & Meditation Weekend	Retreat	📍 🌐
27 – May 2	Yoga Classroom Therapeutics (YCT) 1	PYT	📍
<b>May</b>			
6 – Jul 29	Leading a Discussion Group monthly 5:30-7:30pm	MTT	🌐
13 – 16	Shaktipat Retreat	Retreat	📍 🌐
17 – Jun 14	Teaching Online Therapeutics C weekly 6-9pm	EYTS	🌐
25 – Jun 22	Teaching Online Therapeutics C weekly 2:30-5:30pm	EYTS	🌐

DATES	TITLE	TYPE	LOC.
<b>June</b>			
2 – 6	Yoga Healing Retreat	Retreat	📍 🌐
6 – 13	Meditation Retreat	Retreat	📍 🌐
23 – 27	Foundations	YTT	📍
<b>July</b>			
5 – 8	Vows Prep Retreat	Retreat	📍
9 – 13	Vowed Order Retreat	Retreat	📍
13 – 18	DEEPER: Backbends	ATT	📍
13 – Oct 5	Leading a Discussion Group monthly 9-11am	YTT	🌐
22 – 25	Shaktipat Retreat	Retreat	📍 🌐
26 – 31	Shavasana Course daily 9:30am-noon	Retreat	🌐
31 – Aug 8	YTT 3	YTT	📍
<b>August</b>			
14 – 18	Foundations (Australia)	YTT	📍
27 – Sep 2	Teaching Sutras Immersion	MTT	📍
<b>September</b>			
8 – 12	Yoga Healing Retreat	Retreat	📍 🌐
13 – Oct 4	Teaching Online Therapeutics D weekly 6-9pm	EYTS	🌐
15 – 19	Foundations	YTT	📍
21 – Oct 12	Teaching Online Therapeutics D weekly 2:30-5:30pm	EYTS	🌐
24 – 26	Chanting & Meditation Weekend	Retreat	📍 🌐
30 – Oct 3	Shaktipat Retreat	Retreat	📍 🌐
<b>October</b>			
7 – 10	Foundations Review	EYTS	📍
11 – 17	YTT 1	YTT	📍
18 – Nov 8	Teaching Online Therapeutics A weekly 6-9pm	EYTS	🌐
19 – 24	Embodiment® Yoga Therapist Training	YTT, PYT	📍
<b>November</b>			
2 – 7	Vichara Training	MTT	📍
12 – 14	Year-Long Programme Retreat	Retreat	📍 🌐
17 – 21	Yoga Healing Retreat	Retreat	📍 🌐
30 – Dec 5	Shavasana Course daily 6:30-9pm	Retreat	🌐
<b>December</b>			
6 – 19	India Retreat with Gurudevi (India)	Retreat	📍
12/30 – 1/1	New Year's Retreat	Retreat	📍 🌐

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# 2021 Professional Trainings

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 online and/or onsite at Downingtown PA unless another location is specified.

## Yoga Teacher Training

TRAINING	DATES	PREREQ.
<b>YTT</b>		
Yoga Classroom Therapeutics (YCT) 3	Jan 23 – 31	YCT 2, YTT 3, DTS 3
Yoga Classroom Therapeutics (YCT) 1	Apr 27 – May 2	YTT 1, DTS 1
Foundations	Jun 23 – 27	All Welcome!
Leading a Discussion Group monthly 9-11am	Jul 13 – Oct 5	Foundations
YTT 3	Jul 31 – Aug 8	YTT & DTS 2
Foundations (Australia)	Aug 14 – 18	All Welcome!
Foundations	Sep 15 – 19	All Welcome!
YTT 1	Oct 11 – 17	Foundations
<i>Embodiment</i> ® Yoga Therapist Training	Oct 19 – 24	Foundations
<b>EYTS</b>		
Teaching Online Therapeutics D weekly 6-9pm	Jan 18 – Feb 8	YTT 1
Teaching Online Therapeutics A weekly 2:30-5:30pm	Feb 2 – 23	YTT 1
Teaching Online Therapeutics A weekly 6-9pm	Feb 22 – Mar 15	YTT 1
Teaching Online Therapeutics B weekly 2:30-5:30pm	Mar 9 – 30	YTT 1
Teacher TuneUp: Twists & Seated Poses	Apr 7 – 11	YTT 4, DTS 4
Teaching Online Therapeutics B weekly 6-9pm	Apr 12 – May 3	YTT 1
Teaching Online Therapeutics C weekly 2:30-5:30pm	Apr 20 – May 11	YTT 1
Teaching Online Therapeutics C weekly 6-9pm	May 17 – Jun 14	YTT 1
Teaching Online Therapeutics C weekly 2:30-5:30pm	May 25 – Jun 22	YTT 1
Teaching Online Therapeutics D weekly 6-9pm	Sep 13 – Oct 4	YTT 1
Teaching Online Therapeutics D weekly 2:30-5:30pm	Sep 21 – Oct 12	YTT 1
Foundations Review	Oct 7 – 10	Foundations
Teaching Online Therapeutics A weekly 6-9pm	Oct 18 – Nov 8	YTT 1
<b>ATT</b>		
PYT 463: Yoga Therapy – Neck & Shoulders	Feb 16 – 24	PYT 262
DEEPER: Backbends	Jul 13 – 18	See Note 1

## Multi-Media Courses

TRAINING	DATES	PREREQ.
<b>Phone Courses</b>		
Year-Long Programme FREE Intro Call	25	All Welcome!
Year-Long Programme begins	1	All Welcome!

Note 1: DEEPER: Lower Spinal Release, Abs, & Heart Openers  
 Note 2: Certified *Embodiment*® Yoga Therapist; Certified Discussion Group Leader

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## Meditation Teacher Training

TRAINING	DATES	PREREQ.
<b>MTT</b>		
Teaching Sutras, DTS & Immersion	Feb 23 – Sep 2	MTT
Leading a Discussion Group monthly 5:30-7:30pm	May 6 – Jul 29	Foundations
Vichara Training	Nov 2 – 7	See Note 2

## Retreats

TRAINING	DATES	PREREQ.
<b>Retreats</b>		
New Year's Retreat	Dec 31-Jan 2/21	All Welcome!
Yoga Healing Retreat	Jan 6 – 10	All Welcome!
Home Meditation Retreat	Jan 20 – 24	All Welcome!
Bliss Yoga Weekend	Feb 5 – 7	All Welcome!
Yoga Healing Retreat	Mar 5 – 9	All Welcome!
Brahmacharin-Sannyasin Conference	Mar 10 – 14	All Welcome!
Shavasana Weekend Course	Mar 18 – 21	All Welcome!
Chanting & Meditation Weekend	Apr 23 – 25	All Welcome!
Shaktipat Retreat	May 13 – 16	All Welcome!
Yoga Healing Retreat	Jun 2 – 6	All Welcome!
Meditation Retreat	Jun 6 – 13	All Welcome!
Vows Prep Retreat	Jul 5 – 8	Personal Approval
Vowed Order Retreat	Jul 9 – 13	Vowed Member
Shaktipat Retreat	Jul 22 – 25	All Welcome!
Shavasana Course daily 9:30am-noon	Jul 26 – 31	All Welcome!
Yoga Healing Retreat	Sep 8 – 12	All Welcome!
Chanting & Meditation Weekend	Sep 24 – 26	All Welcome!
Shaktipat Retreat	Sep 30 – Oct 3	All Welcome!
Year-Long Programme Retreat	Nov 12 – 14	All Welcome!
Yoga Healing Retreat	Nov 17 – 21	All Welcome!
Shavasana Course daily 6:30-9pm	Nov 30 – Dec 5	All Welcome!
India Retreat with Gurudevi (India)	Dec 6 – 19	Application & Approval
New Year's Retreat	Dec 31-Jan 1/22	All Welcome!