

m1

April 2023
Embodiment, Pain,
NS

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
Module 1: In Person	Fri Evening	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
HOURS:	4	7	7	7	7	7	7	7	7
Course:	Gathering 4 hours that combines material from:1.0, 2.0, and 3.0	1.1-Embodiment Yoga Philosophy & History	3.1 - Embodiment Practices for the Yoga Therapist	3.1 - Embodiment Practices for the Yoga Therapist	2.3 - Foundations for Understanding and Exploration	2.2 - Anatomy and Physiology for the Yoga Therapist	2.3 - Foundations for Understanding and Exploration	3.2 - Yoga Therapy Tools	3.4 - Principles and Skills for Educating Clients & Working with Groups
		1.1-Embodiment Yoga Philosophy & History	1.2 - Embodied ayurveda	3.1 - Embodiment Practices for the Yoga Therapist	2.1-Living Anatomy through Embodiment	2.2 - Anatomy and Physiology for the Yoga Therapist	3.2 - Yoga Therapy Tools	3.2 - Yoga Therapy Tools	3.4 - Principles and Skills for Educating Clients & Working with Groups
Faculty:	Anne Pitman and Cassi Kitner	Cassi Kitner and/or Neil Dalal	Anne Pitman	Anne Pitman	Anne Pitman	Anne Pitman and Neil Pearson	Neil Pearson	Neil Pearson	Neil Pearson & Anne Pitman
Guest Speaker:			TBA	Lisa Paterson	Naomi Sparrow				

QM:	B/N modules
HOURS:	6
Course:	QM Meeting
Faculty:	Anne Pitman and Cassi Kitner
Guest Speaker:	

April to July 2023

DL Course content (weekly meetings) (choice of SDL or ADL):					
HOURS:	4		2	4	
Course:					
	1.1	1.2	2.2	2.3	3.2
Faculty:	Cassi Kitner and/or Neil Dalal	Cassi Kitner	Neil Pearson	Anne Pitman	Anne Pitman
Guest Speaker:		TBA			

m2

July 2023
Lifestyle and
Chronic Disease

	Fri Evening	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Module 2: In-person									
HOURS:	4	7	7	7	7	7	7	7	7
Course:	Gathering 4 hours that combines material from:1.0, 2.0, and 3.0	1.1-Embodiment Yoga Philosophy & History	1.1-Embodiment Yoga Philosophy & History	1.2 - Embodied ayurveda	2.2 - Anatomy and Physiology for the Yoga Therapist	2.2 - Anatomy and Physiology for the Yoga Therapist	2.3 - Foundations for Understanding and Exploration	3.3-Therapeutic Relationship	2.3 - Foundations for Understanding and Exploration
		1.1-Embodiment Yoga Philosophy & History	1.1-Embodiment Yoga Philosophy & History	2.1-Living Anatomy through Embodiment	2.3 - Foundations for Understanding and Exploration	2.2 - Anatomy and Physiology for the Yoga Therapist	2.3 - Foundations for Understanding and Exploration	5.1 - Professional Practices	5.1 - Professional Practices
Faculty:	Anne Pitman	Cassi Kitner and/or Neil Dalal	Cassi Kitner and/or Neil Dalal	Anne Pitman & Naomi Sparrow and TBA	Anne Pitman	Anne Pitman	Anne Pitman	Anne Pitman and Cassi Kitner	Anne Pitman and Cassi Kitner
Guest Speaker:				Naomi Sparrow and TBA	Evan Soroka	Community	Community		

QM:	B/N modules
HOURS:	6
Course:	QM Meeting
Faculty:	Anne Pitman and Cassi Kitner
Guest Speaker:	

July to
October 2023

DL Course content (weekly meetings) (choice of SDL or ADL):					
HOURS:	6	2	2		
Course:					
	1.1	1.2	2.2	2.3	3.2
Faculty:	Cassi Kitner and/or Neil Dalal	Cassi Kitner	Neil Pearson and/or Leila Stuart	Anne Pitman	Anne Pitman
Guest Speaker:		TBA			Cassi Kitner

m3

October 2023
Musculoskeletal
Injury and Disease

Module 3: In-Person	Fri Evening	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
HOURS:	4	7	7	7	7	7	7	7	7
Course:	Gathering 4 hours that combines material from: 1.0, 2.0, and 3.0	1.1-Embodiment Yoga Philosophy & History	3.1 - Embodiment Practices for the Yoga Therapist	2.1-Living Anatomy through Embodiment	1.2 - Embodied Ayurveda	2.2 - Anatomy and Physiology for the Yoga Therapist	3.2 - Yoga Therapy Tools	3.3-Therapeutic Relationship	3.4 - Principles and Skills for Educating Clients & Working with Groups
		1.1-Embodiment Yoga Philosophy & History	3.1 - Embodiment Practices for the Yoga Therapist	2.2 - Anatomy and Physiology for the Yoga Therapist	2.3 - Foundations for Understanding and Exploration	2.2 - Anatomy and Physiology for the Yoga Therapist	3.2 - Yoga Therapy Tools	3.3-Therapeutic Relationship	3.4 - Principles and Skills for Educating Clients & Working with Groups
Faculty:	Anne Pitman	Anne Pitman & Cassi Kitner	Anne Pitman and Anne Pitman	Cassi Kitner	Cassi Kitner	Cassi Kitner & Rachel Krentzman	Shelly Prosko & Anne Pitman	Shelly Prosko	Shelly Prosko & Anne Pitman
Guest Speaker:		Theodora Wildcroft and Matthew Remski		Naomi Sparrow	TBA				

QM:	B/N modules
HOURS:	6
Course:	QM Meeting
Faculty:	Anne Pitman and Cassi Kitner
Guest Speaker:	

October 2023
to January
2024

DL Course content (weekly meetings) (choice of SDL or ADL):						
HOURS:	4	2	4			
Course:	1.1	1.2	2.2	2.3	3.2	5.1
Faculty:	Cassi Kitner and/or Neil Dalal	Cassi Kitner	Cassi Kitner and Rachel Krentzman	Anne Pitman	Anne Pitman	Cassi Kitner
Guest Speaker:		TBA				

m4

January 2024
Mental Health and
Trauma

Module 4: Virtual SDL	Fri Evening	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
HOURS:	4	7	7	7	7	7	7	7	7
Course:	Gathering 4 hours that combines material from: 1.0, 2.0, and 3.0	1.1-Embodiment Yoga Philosophy & History	3.1 - Embodiment Practices for the Yoga Therapist	3.3-Therapeutic Relationship	2.1-Living Anatomy through Embodiment	3.4 - Principles and Skills for Educating Clients & Working with Groups	3.2 - Yoga Therapy Tools	2.3 - Foundations for Understanding and Exploration	3.4 - Principles and Skills for Educating Clients & Working with Groups
		1.2 - ayurvedic concepts for the Yoga Therapist	3.1 - Embodiment Practices for the Yoga Therapist	3.3-Therapeutic Relationship	2.2 - Anatomy and Physiology for the Yoga Therapist	2.3 - Foundations for Understanding and Exploration	3.2 - Yoga Therapy Tools	2.5 - Foundations for Understanding and Exploration	3.4 - Principles and Skills for Educating Clients & Working with Groups
Faculty:	Anne Pitman	Anne Pitman & Cassi Kitner	Anne Pitman or Staffan Elgedid	Cassi Kitner and Anne Pitman	Anne Pitman or Staffan Elgedid	Cassi Kitner and Katherine Marr	Cassi Kitner and/or Anne Pitman and/or Lisa Paterson	Anne Pitman	Anne Pitman
Guest Speaker:			Naomi Sparrow	Erin Byron				Rachelle Lamb	

QM:	B/N modules
HOURS:	6
Course:	QM Meeting
Faculty:	Anne Pitman and Cassi Kitner
Guest Speaker:	

January to
April 2024

DL Course content (weekly meetings) (choice of SDL or ADL):						
HOURS:	4	2	2			2
Course:	1.1	1.2	2.2	2.3	3.2	5.1
Faculty:	Cassi Kitner and/or Neil Dalal	Cassi Kitner	Neil Pearson and/or Leila Stuart	Anne Pitman	Anne Pitman	Cassi Kitner
Guest Speaker:		TBA				

m5

April 2024
Professional Practices, Co-assessment, and Therapeutic Relationship

Module 5: Virtual SDL	Fri Evening	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
HOURS:	4	7	7	7	7	7	7	7	7
Course:	Gathering 4 hours that combines material from: 1.0, 2.0, and 3.0	1.1-Embodying Yoga Philosophy & History	5.1 - Professional Practices for the Yoga Therapist	5.1 - Professional Practices for the Yoga Therapist	5.1 - Professional Practices for the Yoga Therapist	3.4 - Principles and Skills for Educating Clients & Working with Groups	3.4 - Principles and Skills for Educating Clients & Working with Groups	3.3-Therapeutic Relationship	2.3 - Foundations for Understanding and Exploration
		1.1-Embodying Yoga Philosophy & History	5.1 - Professional Practices for the Yoga Therapist	5.1 - Professional Practices for the Yoga Therapist	5.1 - Professional Practices for the Yoga Therapist	3.4 - Principles and Skills for Educating Clients & Working with Groups	3.3-Therapeutic Relationship	5.1 - Professional Practices for the Yoga Therapist	2.1-Living Anatomy through Embodiment
Faculty:	Anne Pitman	Cassi Kitner and/or Neil Dalal	Anne Pitman	Anne Pitman & Cassi Kitner	Anne Pitman & Cassi Kitner	Cassi Kitner, Marlyssa Sullivan or Amy Wheeler	Cassi Kitner and Danielle Atkinson	Staffan Elgelid and Marlysa Sullivan	Cassi Kitner and/or Anne Pitman
Guest Speaker:			Naomi Sparrow						
QM:	B/N modules								
HOURS:	6								
Course:	QM Meeting								
Faculty:	Anne Pitman and Cassi Kitner								
Guest Speaker:									

April to July 2024

DL Course content (weekly meetings) (choice of SDL or ADL):	Fri Evening	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
HOURS:	4	2	2	4	2	2.5			
Course:	1.1	1.2	2.2	2.3	3.2	5.1			
Faculty:	Cassi Kitner and/or Neil Dalal	Cassi Kitner	Neil Pearson and/or Leila Stuart	Anne Pitman	Anne Pitman	Cassi Kitner			
Guest Speaker:		TBA							

m6

July 2024
More Professional Practices, Co-assessment, and Therapeutic Relationship

Module 6: In-person	Fri Evening	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
HOURS:	4	7	7	7	7	7	7	7	7
Course:	Gathering 4 hours that combines material from: 1.0, 2.0, and 3.0	3.3-Therapeutic Relationship	3.1 - Embodiment Practices for the Yoga Therapist	1.2 - Embodied Ayurveda	2.3 - Foundations for Understanding and Exploration	2.3 - Foundations for Understanding and Exploration	3.2 - Yoga Therapy Tools	3.3-Therapeutic Relationship	3.4 - Principles and Skills for Educating Clients & Working with Groups
		1.1-Embodying Yoga Philosophy & History	3.1 - Embodiment Practices for the Yoga Therapist	3.3-Therapeutic Relationship	2.3 - Foundations for Understanding and Exploration	2.3 - Foundations for Understanding and Exploration	3.2 - Yoga Therapy Tools	2.1-Living Anatomy through Embodiment	3.4 - Principles and Skills for Educating Clients & Working with Groups
Faculty:	Anne Pitman	Anne Pitman, Cassi Kitner, and Kimberly Mantas	Anne Pitman	Anne Pitman and Cassi Kitner	Cassi Kitner or Anne Pitman, and Staffan Elgelid	Anne Pitman and Cassi Kitner	Anne Pitman and Kimberly Mantas	Anne Pitman and Cassi Kitner	Anne Pitman and Cassi Kitner
Guest Speaker:			Naomi Sparrow	TBA				Naomi Sparrow	
QM:	B/N modules								
HOURS:	6								
Course:	QM Meeting								
Faculty:	Anne Pitman and Cassi Kitner								
Guest Speaker:									

July to October 2024

DL Course content (weekly meetings) (choice of SDL or ADL):	Fri Evening	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
HOURS:	2	3.5	2	2	2				
Course:	1.1	1.2	2.2	2.3	3.2	5.1			
Faculty:	Cassi Kitner and/or Neil Dalal	Cassi Kitner	Neil Pearson	Anne Pitman	Anne Pitman	Cassi Kitner			
Guest Speaker:		TBA							

Module 7: Virtual SDL	Fri Evening	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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m7
October 2024
ayurveda and more

HOURS:	4	7	7	7	7	7	7	7	7
Course:	Gathering 4 hours that combines material from:1.0, 2.0, and 3.0	1.1-Embodying Yoga Philosophy & History	1.2 - Embodied ayurveda	1.2 - Embodied ayurveda	1.2 - Embodied ayurveda	2.2 - Anatomy and Physiology for the Yoga Therapist	2.3 - Foundations for Understanding and Exploration	5.1 - Professional Practices for the Yoga Therapist	2.2 - Anatomy and Physiology for the Yoga Therapist
		1.1-Embodying Yoga Philosophy & History	1.2 - Embodied ayurveda	1.2 - Embodied ayurveda	1.2 - Embodied ayurveda	2.1-Living Anatomy through Embodiment	2.3 - Foundations for Understanding and Exploration	3.3-Therapeutic Relationship	5.1 - Professional Practices for the Yoga Therapist
Faculty:	Anne Pitman	Cassi Kitner and/or Neil Dalal and/or Kimberly Mantas	Cassi Kitner	Cassi Kitner	Cassi Kitner	Anne Pitman and Cassi Kitner	Anne Pitman and Cassi Kitner	Anne Pitman and Cassi Kitner	Cassi Kitner & Anne Pitman
Guest Speaker:			TBA	TBA	TBA	Naomi Sparrow			
QM:	B/N modules								
HOURS:	6								
Course:	QM Meeting								
Faculty:	Anne Pitman and Cassi Kitner								
Guest Speaker:									

October 2024 to January 2025

DL Course content (weekly meetings) (choice of SDL or ADL):									
HOURS:	4	4	2						
Course:	1.1	1.2	2.2	2.3	3.2	5.1			
Faculty:	Cassi Kitner and/or Neil Dalal	Cassi Kitner	Neil Pearson	Anne Pitman	Anne Pitman	Cassi Kitner			
Guest Speaker:		TBA							

m8
January 2025
From Birthing to Dying

Module 8: In-person	Fri Evening	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
HOURS:	4	7	7	7	7	7	7	7	7
Course:	Gathering 4 hours that combines material from courses:1.0, 2.0, and 3.0	1.1-Embodying Yoga Philosophy & History	3.1 - Embodiment Practices for the Yoga Therapist	3.3-Therapeutic Relationship	2.3 - Foundations for Understanding and Exploration	2.3 - Foundations for Understanding and Exploration	2.3 - Foundations for Understanding and Exploration	2.3 - Foundations for Understanding and Exploration	3.4 - Principles and Skills for Educating Clients & Working with Groups
		1.1-Embodying Yoga Philosophy & History	3.1 - Embodiment Practices for the Yoga Therapist	3.1 - Embodiment Practices for the Yoga Therapist	2.1-Living Anatomy through Embodiment	2.3 - Foundations for Understanding and Exploration	3.2 - Yoga Therapy Tools	2.3 - Foundations for Understanding and Exploration	3.4 - Principles and Skills for Educating Clients & Working with Groups
Faculty:	Anne Pitman	Anne Pitman & Cassi Kitner	Anne Pitman	Anne Pitman	Anne Pitman	Anne Pitman	Uma Dunsmore-Tuli and Anne Pitman	Anne Pitman	Cassi Kitner & Anne Pitman
Guest Speaker:					Naomi Sparrow	Shawnee Thornton Hardy			

January to April 2025

QM:	B/N modules								
HOURS:	6								
Course:	QM Meeting								
Faculty:	Anne Pitman and Cassi Kitner								
Guest Speaker:									
DL Course content (weekly meetings) (choice of SDL or ADL):									
HOURS:	2	2	2						
Course:	1.1	1.2	2.2	2.3	3.2	5.1			
Faculty:	Cassi Kitner and/or Neil Dalal	Cassi Kitner	Neil Pearson	Anne Pitman	Anne Pitman	Cassi Kitner			
Guest Speaker:		TBD							

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