m1
April 2023
Embodiment, Pain,
NS

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day7	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		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	Tools	3.4 - Principles and Skills for Educating Clients & Working with Groups
		1.1-Embodying Yoga Philosophy & History	1.2 - Embodied āyurveda	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	0 17	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				

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

April to July 2023

m2

July 2023

Lifestyle and
Chronic Disease

Module 2: 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		Yoga Philosophy &	1.2 - Embodied āvurveda	Physiology for the	Physiology for the	2.3 - Foundations for Understanding and Exploration	3.3-Therapeutic Relationship	2.3 - Foundations for Understanding and Exploration
	material from:1.0, 2.0, and 3.0	0 1 7	Yoga Philosophy &	Anatomy through	for Understanding	Physiology for the	2.3 - Foundations for Understanding and Exploration		5.1 - Professional Practices
Faculty:	Anne Pitman		Cassi Kitner and/or Neil Dalal	Anne Pitman &	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		

	B/N
QM:	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	5.1
Faculty:	Cassi Kitner and/or Neil Dalal		Neil Pearson and/or Leila Stuart	Anne Pitman	Anne Ptman	Cassi Kitner
Guest Speaker:		TBA				

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	1.1-Embodying Yoga Philosophy & History	3.1 - Embodiment Practices for the Yoga Therapist	Anatomy through	1.2 - Embodied	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
	material from:1.0, 2.0, and 3.0	1.1-Embodying Yoga Philosophy & History		Physiology for the	Ü	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	ТВА				

	B/N
QM:	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		Cassi Kitner and			
	Neil Dalal	Cassi Kitner	Rachel Krentzman	Anne Pitman	Anne Ptman	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:		1.1-Embodying Yoga Philosophy & History	Practices for the	3.3-Therapeutic Relationship	Anatomy through Embodiment	3.4 - Principles and Skills for Educating Clients & Working with Groups	3.2 - Yoga Therapy	2.3 - Foundations	3.4 - Principles and Skills for Educating Clients & Working with Groups
			Practices for the	3.3-Therapeutic Relationship	Physiology for the	for Understanding	3.2 - Yoga Therany	2.3 - Foundations	3.4 - Principles and Skills for Educating Clients & Working with Groups
Faculty:	Anne Pitman	Anne Pitman & Cassi Kitner	Anne Pitman or Staffan Elgelid	Cassi Kintner and Anne Pitman		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	

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

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 Ptman	Cassi Kitner
Guest Speaker:		TBA				

Module 5: Fri Evening Mon Tues Wed Thurs Sat Sun Virtual SDL HOURS: m53.4 - Principles an 3.4 - Principles and 1.1-Embodying 5.1 - Professional 5.1 - Professional 5.1 - Professional Skills for Educatin Skills for Educating oga Philosophy & Practices for the Practices for the Practices for the lients & Working Clients & Workin athering: 4 hour History Yoga Therapist Yoga Therapist Yoga Therapist vith Groups with Groups April 2024 that combines Professional naterial from:1.0 2.0, and 3.0 Practices, Co-1.1-Embodying 5.1 - Professional 5.1 - Professional 5.1 - Professional Skills for Education 3.3-Therapeutic Yoga Philosophy & Practices for the ractices for the Practices for the assessment, and Clients & Working History Yoga Therapist Yoga Therapist Yoga Therapist Therapeutic ith Groups Relationship Faculty: assi Kitner, nne Pitman & Anne Pitman & nne Pitman Anne Pitman Marlyssa Sullivan Cassi Kitner Cassi Kitner Danielle Atkinson Neil Dalal r Amy Wheeler Guest Speaker: Naomi Sparrow B/N QM: modules HOURS: QM Meeting Faculty: assi Kitner Guest Speaker: DL Course content (weekly meetings) April to July (choice of SDL or ADL): 2024 HOURS: 2.5 1.2 2.2 2.3 3.2 5.1 1.1 Faculty: leil Dalal assi Kitner nd/or Leila Stuari Anne Pitman Anne Ptman Cassi Kitne Guest Speaker: Module 6: Fri Evening Wed Thurs Mon Tues Sat Sun In-person HOURS: m63.1 - Embodimer 1.2 - Embodied 3.2 - Yoga Therap .3-Therapeutic for Understanding and Exploration for Understanding and Exploration Practices for the iyurveda Tools Yoga Therapist Gathering: 4 hour July 2024 that c material from:1.0 More Professional 2.0, and 3.0 1.1-Embodying 3.1 - Embodimer 2.3 - Foundations 2.3 - Foundations Practices, Co-.3-Therapeuti 3.2 - Yoga Therapy for Understanding Yoga Philosophy & for Understanding assessment, and Relationship Tools History Yoga Therapist and Exploration and Exploration Therapeutic Relationship aculty: nne Pitman, Cas ssi Kitner or Anne Pitman and nne Pitman and Anne Pitman and nne Pitman Citner, and nne Pitman Anne Pitman, and imberly Mar Staffan Elgelid Guest Speaker: ТВА Naomi Sparrow B/N QM: modules HOURS: QM Meeting Course Faculty: nne Pitman and ssi Kitner Guest Speaker: DL Course content (weekly

3.5

1.2

2.2

1.1

TBA

assi Kitner and/o

eil Dalal

July to October 2024 Guest Speaker:

meetings) (choice of SDL or ADL): HOURS:

Course Faculty:

Module 7: Fri Evening Sun Mon Tues Wed Thurs Fri Sat Virtual SDI

2.3

2

Cassi Kitner

5.1

3.2

Fri

3.3-Therapeutic

5.1 - Professional

Practices for the

Yoga Therapist

Staffan Elgelid and

Marlysa Sullivan

Fri

3.3-Therapeutic

Relationship

2.1-Living

Embodiment

Cimberly Mantas

nne Pitman and

Naomi Sparrow

Sat

3.4 - Principles ar

Skills for Educat

Clients & Work

kills for Educat

Clients & Workin

nne Pitman and

ith Groups

vith Groups

Relationship

Sat

2.3 - Foundation

and Exploration

2.1-Living

Embodiment

Anne Pitman

Cassi Kitner and/o

HOURS: 1.1-Embodying 2 - Anatomy and 1.2 - Embodied 1.2 - Embodied 1.2 - Embodied Gathering: 4 hour oga Philosophy & hysiology for the for Understanding Practices for the hysiology for the oga Therapist and Exploration oga Therapist Yoga Therapist aterial from:1.0 1.1-Embodying 1.2 - Embodied 1.2 - Embodied 1.2 - Embodied 3.3-Therapeutic 2.0, and 3.0 Yoga Philosophy & Anatomy through for Understanding Practices for the iyurveda äyurveda Relationship October 2024 oga Therapist mbodiment nd Exploration āyurveda and more Cassi Kitner and/or Neil Dalal and/or Anne Pitman and Anne Ptman and Anne Pitman and Cassi Kitner & ınne Pitman assi Kitner Cassi Kitner assi Kitner lassi Kitner Cassi Kitner Anne Pitman Cimberly Mantas Guest Speaker: ТВА TBA ТВА Naomi Sparrow B/N QM: modules HOURS: OM Meeting Course: Faculty: ssi Kitner Guest Speaker: DL Course content (weekly meetings) (choice of SDL or ADL): HOURS: 1.2 3.2 5.1 1.1 Course: October 2024 Faculty: assi Kitner and/o to January leil Dalal Neil Pearso nne Pitman Anne Ptman uest Speaker: 2025 Module 8: Fri Evening Fri Wed Thurs Sun Mon Tues Sat In-person HOURS: .4 - Principles and 1.1-Embodying 3.1 - Embodimen 2.3 - Foundations 2.3 - Foundations 2.3 - Foundations 2.3 - Foundations 3.3-Therapeutic Yoga Philosophy & for Understanding for Understanding for Understanding Practices for the for Understanding Clients & Working with Groups Gathering: 4 hour Relationship Yoga Therapist and Exploration and Exploration ınd Exploration and Exploration that con material from courses:1.0, 2.0, .4 - Principles and January 2025 1.1-Embodying 3.1 - Embodimer 3.1 - Embodimo 2.3 - Foundation 2.3 - Foundation and 3.0 3.2 - Yoga Therap kills for Educatir Yoga Philosophy & History Practices for the Yoga Therapist Anatomy through Embodiment for Understanding and Exploration for Understanding and Exploration

> B/N QM: modules HOURS: QM Meeting Faculty: Anne Pitman and assi Kitner Guest Speaker:

nne Pitman

DL Course content (weekly meetings) (choice of SDL or ADL): HOURS: 1.2 2.2 2.3 3.2 5.1 1.1 Faculty: assi Kitner and/o leil Dalal assi Kitner Neil Pearson Anne Pitman Anne Ptman Cassi Kitner uest Speaker: TBD

Practices for the

Yoga Therapist

nne Pitman

Anne Pitman

Anne Pitman

Naomi Sparrow

Anne Pitman

Anne Pitman &

Cassi Kitner

lients & Working

vith Groups

Anne Pitman

Uma Dinsmore Tuli and Anne

Anne Pitman

January to April 2025

From Birthing to

Faculty:

Guest Speaker:

Dying

PRACTICUM