m1

October 2022
Basic Anatomy and Physiology
60 Hours

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day7	Day 8	Day 9
Module 1: In Person									
HOURS:	6	7	7	7	7	7	7	7	7
Course:	Enhancing Clinical Foundations Mental Health and Trauma, and 3.1	1.1 - Embedding Yoga Philosophy in Theory	1.1 - Embedding Practice for the Yoga Therapist 1.1 - Ethical Materials	1.1 - Embedding Practice for the Yoga Therapist	2.1 - Foundations for Understanding and Exploration	2.1 - Anatomy and Physiology for the Yoga Therapist	2.1 - Foundations for Understanding and Exploration 2.1 - Yoga Therapy Goals	2.1 - Yoga Therapy Goals 2.1 - Yoga Therapy Goals	2.1 - Foundations for Understanding and Exploration 2.4 - Principles and Skills for Educating Clients & Working with Groups
		1.1 - Embedding Yoga Philosophy in Theory	1.1 - Ethical Materials	1.1 - Embedding Practice for the Yoga Therapist	2.1 Living Anatomy through Embodiment	2.1 - Anatomy and Physiology for the Yoga Therapist			2.4 - Principles and Skills for Educating Clients & Working with Groups
Faculty:	Ann Fitzner, and Lori Kitzer	Lori Kitzer Ann Fitzner	Ann Fitzner Lori Kitzer	Ann Fitzner	Ann Fitzner Lori Kitzer	Ann Fitzner and Lori Kitzer	Lori Kitzer	Lori Kitzer	Lori Kitzer Ann Fitzner
Guest Speaker:			Yes		Guest Speaker				

QM:	R/N modules
HOURS:	7
Course:	Art Sharing
Faculty:	Ann Fitzner and Lori Kitzer
Guest Speaker:	

November to December 2022-2023

DL Course content (where off or do)						
HOURS:	6	7	7	6		
Course:	3.1	1.2	2.2	2.1	1.2	
Faculty:	Lori Kitzer	Lori Kitzer	Ann Fitzner	Ann Fitzner	Ann Fitzner	
Guest Speaker:		Yes				

m2

January 2023
Lifestyle and Chronic Disease
60 Hours

Module 2: Live Interactive									
HOURS:	6	7	7	7	7	7	7	7	7
Course:	Enhancing Clinical Foundations Mental Health and Trauma, and 3.1	1.1 - Embedding Yoga Philosophy in Theory	1.1 - Embedding Practice for the Yoga Therapist	1.1 - Embedding Materials	2.1 - Anatomy and Physiology for the Yoga Therapist	2.1 - Anatomy and Physiology for the Yoga Therapist	2.1 - Foundations for Understanding and Exploration	2.1 - Therapeutic Relationship	2.1 - Foundations for Understanding and Exploration
		1.1 - Embedding Yoga Philosophy in Theory	1.1 - Embedding Practice for the Yoga Therapist	1.1 Living Anatomy through Embodiment	2.1 - Foundations for Understanding and Exploration	2.1 - Anatomy and Physiology for the Yoga Therapist	2.1 - Foundations for Understanding and Exploration	2.1 - Professional Practice	2.1 - Foundations for Understanding and Exploration
Faculty:	Ann Fitzner	Lori Kitzer and Ann Fitzner	Lori Kitzer and Ann Fitzner	Ann Fitzner	Ann Fitzner	Ann Fitzner	Ann Fitzner	Ann Fitzner and Lori Kitzer	Ann Fitzner and Lori Kitzer
Guest Speaker:				Guest Speaker	Lori Kitzer	Community	Community		

QM:	R/N modules
HOURS:	7
Course:	Art Sharing
Faculty:	Ann Fitzner
Guest Speaker:	

Feb to March 2023

DL Course content (where off or do)						
HOURS:	6	7	7	6		
Course:	3.1	1.2	2.2	2.1	1.2	5.1
Faculty:	Lori Kitzer and Ann Fitzner	Lori Kitzer	Ann Fitzner and Lori Kitzer	Ann Fitzner	Ann Fitzner	Lori Kitzer
Guest Speaker:		Yes				

m3

April 2023
Musculoskeletal Injury and Disease
60 Hours

Module 3: In-Person									
HOURS:	6	7	7	7	7	7	7	7	7
Course:	Enhancing Clinical Foundations Mental Health and Trauma, and 3.1	1.1 - Embedding Yoga Philosophy in Theory	1.1 - Embedding Practice for the Yoga Therapist	1.1 Living Anatomy through Embodiment	2.1 - Embodied Materials	2.1 - Anatomy and Physiology for the Yoga Therapist	2.1 - Anatomy and Physiology for the Yoga Therapist	2.1 - Therapeutic Relationship	2.4 - Principles and Skills for Educating Clients & Working with Groups
		1.1 - Embedding Yoga Philosophy in Theory	1.1 - Embedding Practice for the Yoga Therapist	2.1 - Anatomy and Physiology for the Yoga Therapist	2.1 - Foundations for Understanding and Exploration	2.1 - Anatomy and Physiology for the Yoga Therapist	2.1 - Yoga Therapy Goals	2.1 - Therapeutic Relationship	2.4 - Principles and Skills for Educating Clients & Working with Groups
Faculty:	Ann Fitzner	Ann Fitzner & Lori Kitzer	Ann Fitzner & Lori Kitzer	Ann Fitzner	Lori Kitzer	Ann Fitzner	Ann Fitzner & Lori Kitzer	Lori Kitzer	Ann Fitzner & Lori Kitzer
Guest Speaker:		Yes Guest Speaker: Jennifer Kaiser		Guest Speaker	ALL				

QM:	R/N modules
HOURS:	7
Course:	Art Sharing
Faculty:	Ann Fitzner and Lori Kitzer
Guest Speaker:	

May to June 2023

DL Course content (where off or do)						
HOURS:	6	7	7	6		
Course:	3.1	1.2	2.2	2.1	1.2	5.1
Faculty:	Ann Fitzner and Lori Kitzer	Lori Kitzer	Lori Kitzer and Ann Fitzner	Ann Fitzner	Ann Fitzner	Lori Kitzer
Guest Speaker:		Yes				

m4

July 2023
Mental Health and Trauma
60 Hours

Module 4: In-Person									
HOURS:	6	7	7	7	7	7	7	7	7
Course:	Enhancing Clinical Foundations Mental Health and Trauma, and 3.1	1.1 - Embedding Yoga Philosophy in Theory	1.1 - Embedded Practice for the Yoga Therapist	1.1 - Therapeutic Relationship	1.1 Living Anatomy through Embodiment	2.4 - Principles and Skills for Educating Clients & Working with Groups	2.1 - Yoga Therapy Goals	2.1 - Foundations for Understanding and Exploration	2.4 - Principles and Skills for Educating Clients & Working with Groups
		1.1 - Apropriate example for the Yoga Therapist	1.1 - Embedded Practice for the Yoga Therapist	1.1 - Therapeutic Relationship	2.1 - Anatomy and Physiology for the Yoga Therapist	2.1 - Foundations for Understanding and Exploration	2.1 - Yoga Therapy Goals	2.1 - Foundations for Understanding and Exploration	2.4 - Principles and Skills for Educating Clients & Working with Groups
Faculty:	Ann Fitzner	Ann Fitzner & Lori Kitzer	Ann Fitzner & Jaclyn Egeler	Lori Kitzer and Ann Fitzner	Ann Fitzner & Jaclyn Egeler	Lori Kitzer and Jaclyn Ann Abel	Ann Fitzner and Lori Kitzer	Lori Kitzer and Ann Fitzner	Ann Fitzner
Guest Speaker:			Guest Speaker	Lori Kitzer				Jennifer Lasch	

QM:	R/N modules
HOURS:	7
Course:	Art Sharing
Faculty:	Ann Fitzner and Lori Kitzer
Guest Speaker:	

August to September 2023

DL Course content (where off or do)						
HOURS:	6	7	7	6		
Course:	3.1	1.2	2.2	2.1	1.2	5.1
Faculty:	Ann Fitzner and Lori Kitzer	Lori Kitzer	Lori Kitzer and Ann Fitzner	Ann Fitzner	Ann Fitzner	Lori Kitzer
Guest Speaker:		Yes				

m5

October 2023
Professional Practice, Co-assessment, and Therapeutic Relationship
60 Hours

Module 5: Live Interactive									
HOURS:	6	7	7	7	7	7	7	7	7
Course:	Enhancing Clinical Foundations Mental Health and Trauma, and 3.1	1.1 - Embedding Yoga Philosophy in Theory	1.1 - Professional Practice for the Yoga Therapist	1.1 - Professional Practice for the Yoga Therapist	1.1 - Professional Practice for the Yoga Therapist	2.4 - Principles and Skills for Educating Clients & Working with Groups	2.4 - Principles and Skills for Educating Clients & Working with Groups	2.1 - Therapeutic Relationship	2.1 - Foundations for Understanding and Exploration
		1.1 - Embedding Yoga Philosophy in Theory	1.1 - Embedded Practice for the Yoga Therapist	1.1 - Professional Practice for the Yoga Therapist	1.1 - Professional Practice for the Yoga Therapist	2.4 - Principles and Skills for Educating Clients & Working with Groups	2.1 Therapeutic Relationship	1.1 - Professional Practice for the Yoga Therapist	1.1 Living Anatomy through Embodiment
Faculty:	Ann Fitzner	Lori Kitzer and Ann Fitzner	Ann Fitzner	Ann Fitzner Lori Kitzer	Ann Fitzner Lori Kitzer	Lori Kitzer, Jaclyn Egeler, and Ann Fitzner	Ann Fitzner and Jennifer Johnson	Ann Fitzner and Jaclyn Gallivan	Ann Fitzner and Lori Kitzer
Guest Speaker:				Guest Speaker					

QM:	R/N modules
HOURS:	7
Course:	Art Sharing
Faculty:	Lori Kitzer
Guest Speaker:	

November to December 2023-2024

DL Course content (where off or do)							
HOURS:	6	7	7	6	7	7	2.5
Course:	3.1	1.2	2.2	2.1	1.2	2.2	3.1
Faculty:	Lori Kitzer and Ann Fitzner	Lori Kitzer	Lori Kitzer and Ann Fitzner	Ann Fitzner	Ann Fitzner	Lori Kitzer	
Guest Speaker:		Yes					

m6

January 2024
Spiritual and ethics
60 Hours

Module 6: Live Interactive									
HOURS:	6	7	7	7	7	7	7	7	7
Course:	Enhancing Clinical Foundations Mental Health and Trauma, and 3.1	1.1 - Embedding Yoga Philosophy in Theory	1.1 - Embedded Materials	1.1 - Embedded Materials	2.1 - Embedded Materials	2.4 - Anatomy and Physiology for the Yoga Therapist	2.1 - Foundations for Understanding and Exploration	2.1 - Professional Practice for the Yoga Therapist	2.1 - Anatomy and Physiology for the Yoga Therapist
		1.1 - Embedding Yoga Philosophy in Theory	1.1 - Embedded Materials	1.1 - Embedded Materials	2.1 - Embedded Materials	2.1 - Foundations for Understanding and Exploration	2.1 - Foundations for Understanding and Exploration	2.1 - Therapeutic Relationship	2.1 - Foundations for Understanding and Exploration
Faculty:	Ann Fitzner	Lori Kitzer and Ann Fitzner Jennifer Johnson	Lori Kitzer	Lori Kitzer	Lori Kitzer	Ann Fitzner and Lori Kitzer	Ann Fitzner and Lori Kitzer	Ann Fitzner and Lori Kitzer	Lori Kitzer & Ann Fitzner
Guest Speaker:			ALL	ALL	ALL	Guest Speaker			

QM:	R/N modules
HOURS:	7
Course:	Art Sharing
Faculty:	Ann Fitzner and Lori Kitzer
Guest Speaker:	

February to March 2024

DL Course content (where off or do)						
HOURS:	6	7	7	6		
Course:	3.1	1.2	2.2	2.1	1.2	5.1
Faculty:	Lori Kitzer and Ann Fitzner	Lori Kitzer	Lori Kitzer	Ann Fitzner	Ann Fitzner	Lori Kitzer
Guest Speaker:		Yes				

m7

April 2024
More Professional Practice, Co-assessment, and Therapeutic Relationship
60 Hours

Module 7: In-person									
HOURS:	6	7	7	7	7	7	7	7	7
Course:	Enhancing Clinical Foundations Mental Health and Trauma, and 3.1	1.1 Therapeutic Relationship	1.1 - Embedded Practice for the Yoga Therapist	1.1 - Embedded Materials	2.1 - Foundations for Understanding and Exploration	2.1 - Foundations for Understanding and Exploration	2.1 - Yoga Therapy Goals	2.1 - Therapeutic Relationship	2.4 - Principles and Skills for Educating Clients & Working with Groups
		1.1 - Embedding Yoga Philosophy in Theory	1.1 - Embedded Practice for the Yoga Therapist	1.1 - Therapeutic Relationship	2.1 - Foundations for Understanding and Exploration	2.1 - Foundations for Understanding and Exploration	2.1 - Yoga Therapy Goals	1.1 Living Anatomy through Embodiment	2.4 - Principles and Skills for Educating Clients & Working with Groups
Faculty:	Ann Fitzner	Ann Fitzner and Lori Kitzer	Ann Fitzner	Ann Fitzner and Lori Kitzer	Ann Fitzner and Lori Kitzer	Ann Fitzner and Lori Kitzer	Ann Fitzner and Jennifer Johnson	Ann Fitzner and Lori Kitzer	Ann Fitzner and Lori Kitzer
Guest Speaker:			Guest Speaker	ALL				Guest Speaker	

QM:	R/N modules
HOURS:	7
Course:	Art Sharing
Faculty:	Ann Fitzner and Lori Kitzer
Guest Speaker:	

May to June 2024

DL Course content (where off or do)						
HOURS:	6	7	7	6		
Course:	3.1	1.2	2.2	2.1	1.2	5.1
Faculty:	Ann Fitzner and Lori Kitzer	Lori Kitzer	Lori Kitzer	Ann Fitzner	Ann Fitzner	Lori Kitzer
Guest Speaker:		Yes				

m8

July 2024
Pain Rotating in Orgs
60 Hours

Module 8: In-person									
HOURS:	6	7	7	7	7	7	7	7	7
Course:	Enhancing Clinical Foundations Mental Health, Pain, and 3.1	1.1 - Embedding Yoga Philosophy in Theory	1.1 - Embedded Practice for the Yoga Therapist	1.1 - Therapeutic Relationship	2.1 - Foundations for Understanding and Exploration	2.1 - Foundations for Understanding and Exploration	2.1 - Foundations for Understanding and Exploration	2.1 - Foundations for Understanding and Exploration	2.4 - Principles and Skills for Educating Clients & Working with Groups
		1.1 - Embedding Yoga Philosophy in Theory	1.1 - Embedded Practice for the Yoga Therapist	1.1 - Embedded Practice for the Yoga Therapist	1.1 Living Anatomy through Embodiment	2.1 - Foundations for Understanding and Exploration	2.1 - Yoga Therapy Goals	2.1 - Foundations for Understanding and Exploration	2.4 - Principles and Skills for Educating Clients & Working with Groups
Faculty:	Ann Fitzner	Ann Fitzner & Lori Kitzer	Ann Fitzner	Ann Fitzner	Ann Fitzner	Ann Fitzner	Ann Fitzner and Lori Kitzer	Lori Kitzer	Lori Kitzer & Ann Fitzner
Guest Speaker:			Guest Speaker						

QM:	R/N modules
HOURS:	7
Course:	Art Sharing
Faculty:	Ann Fitzner and Lori Kitzer
Guest Speaker:	

August to September 2024

DL Course content (where off or do)						
HOURS:	6	7	7	6		
Course:	3.1	1.2	2.2	2.1	1.2	5.1
Faculty:	Ann Fitzner and Lori Kitzer	Lori Kitzer	Lori Kitzer and Ann Fitzner	Ann Fitzner	Ann Fitzner	Lori Kitzer
Guest Speaker:		Yes				