

m1

April 2023
*Embodiment,
 Orientation,
 Introduction to
 Yoga Therapy*

	Day 1	Day 2	Day 3	Day 4	Day 5	Course	Course	Course
Module 1: Virtual	Mon	Tues	Wed	Thurs	Fri	TBA	TBA	TBA
HOURS:	7	7	7	7	7	7	7	7
Subjects:	Gathering	Introduction to Embodiment and Yoga Therapy	Living Anatomy through Embodiment	Embodied āyurveda	Yoga Therapy Tools	Pain Care Yoga	Pain Care Yoga	Pain Care Yoga
	Introduction to Embodiment and Yoga Therapy		Embodiment Practices for the Yoga Therapist	Introduction to Embodiment and Yoga Therapy	Closing			
Faculty:	Anne Pitman and Cassi Kitner	Cassi Kitner and Anne Pitman	Anne Pitman and Cassi Kitner	Cassi Kitner and Anne Pitman	Anne Pitman and Cassi Kitner	Neil Pearson	Neil Pearson	Neil Pearson
Guest Speaker:		TBA	Naomi Sparrow	TBA				

In between
 Modules

Quartely Meeting:	Day 1
HOURS:	7
Course:	QM Meeting
Faculty:	Anne Pitman and Cassi Kitner
Guest Speaker:	TBA

April to July
 2023

Pre-recorded content to be given out at the end of Module 1	
HOURS:	8
Course:	Anne's Practices.
Faculty:	Anne Pitman
Guest Speaker:	