



2019 Programs

In Date Order

| DATES | TITLE | TYPE | LOCATION |
|-----------------|--|-------------|-------------|
| January | | | |
| 7 – 13 | YTT Level 2 | YTT | Lokananda |
| 23 | Leading a Discussion Group begins | MTT | Phone |
| 24 – 30 | YCT Level 2 (Yoga Classroom Therapeutics) | YCT | Lokananda |
| 25 – 27 | Shaktipat Retreat, Rehoboth Beach | Retreat | Delaware |
| February | | | |
| 4 – 8 | Teacher TuneUp - Balance & Inversions | EYTS | Lokananda |
| 16 – 21 | <i>Embodiment</i> ® Yoga Therapist Training, Australia | YTT | Australia |
| 24 | FREE Intro Call for Year-Long Programme | Year-Long | Phone |
| March | | | |
| 2 – 6 | Shishya Retreat - Shivaratri | Vowed Order | Lokananda |
| 6 – 10 | Yoga Therapy Intensive Retreat | Retreat | Lokananda |
| 8 | Year Long Programme begins | Year-Long | Multi-Media |
| 12 – 17 | DEEPER: Heart Openers | ATT | Lokananda |
| 29 – Apr 2 | Foundations | YTT | Lokananda |
| April | | | |
| 1 | Yogify Your Life | Sutras | Phone |
| 4 – 7 | DIY: Deepen It Yourself | Retreat | Lokananda |
| 9 – 14 | Deceptive Flexibility 1 | EYTS | Lokananda |
| 23 – May 1 | PYT 464: Yoga Therapy: Spine, Knees & Feet | PYT | Lokananda |
| May | | | |
| 3 – 5 | Radical Anatomy | YTT | Lokananda |
| 6 – 11 | <i>Embodiment</i> ® Yoga Therapist Training | YTT | Lokananda |
| 13 – 17 | Yoga Therapy Intensive Retreat | Retreat | Lokananda |
| 17 – 19 | Shaktipat Retreat | Retreat | Lokananda |
| 23 | Leading a Discussion Group begins | MTT | Phone |
| 28 – Jun 5 | PYT 262: Yoga Therapy: Treating Pain | PYT | Lokananda |

| DATES | TITLE | TYPE | LOCATION |
|------------------|---|-------------|---------------|
| June | | | |
| 6 – 9 | DIY: Deepen It Yourself | Retreat | Lokananda |
| 22 – 30 | YTT Level 4 | YTT | Lokananda |
| July | | | |
| 9 – 12 | Vows Prep Retreat | Vowed Order | Lokananda |
| 13 – 17 | Vowed Ordered Retreat | Vowed Order | Lokananda |
| 19 – 21 | Shaktipat Retreat | Retreat | Lokananda |
| 24 – 28 | Foundations | YTT | Lokananda |
| 29 – Aug 4 | Meditation Teacher TuneUp | MTT | Lokananda |
| August | | | |
| 8 – 11 | DIY: Deepen It Yourself | Retreat | Lokananda |
| 14 – 18 | <i>Embodiment</i> ® Therapist TuneUp | EYTS | Lokananda |
| 23 – 25 | Radical Anatomy | YTT | Australia |
| 26 – Sept 3 | YTT Level 4 | YTT | Australia |
| 30 – Sept 1 | Shaktipat Retreat, Australia | Retreat | Australia |
| September | | | |
| 5 – 8 | Foundations Review | EYTS | Lokananda |
| 9 – 15 | YTT Level 1 | YTT | Lokananda |
| 17 – 25 | YCT Level 3 (Yoga Classroom Therapeutics) | YCT | Lokananda |
| October | | | |
| 5 – 9 | Teacher TuneUp - Lower Spinal Release | EYTS | Lokananda |
| 11 – 13 | Shaktipat Retreat | Retreat | Lokananda |
| 14 – 18 | Yoga Therapy Intensive Retreat | Retreat | Lokananda |
| 25 – 27 | Year-Long Programme Retreat | Year-Long | Lokananda |
| 29 – Nov 3 | Vichara Therapist Training | MTT | Lokananda |
| November | | | |
| 5 – 10 | DEEPER: Abs | ATT | Lokananda |
| 8 – 10 | Shaktipat Retreat | Retreat | Massachusetts |
| 16 – 24 | Teaching Sutras | MTT | Lokananda |
| December | | | |
| 30 – Jan 2 | New Years Retreat | Retreat | Lokananda |

2019 Professional Trainings

@ Lokananda in Downingtown, PA

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 in Downingtown, PA unless another location is specified.

Yoga Teacher Training

| TRAINING | DATES | PREREQUISITES |
|--|-----------------|---|
| YTT | | |
| YTT Level 2 | Jan 7 – 13 | YTT & DTS 1 |
| YCT Level 2 (Yoga Classroom Therapeutics) | Jan 24 – 30 | YTT & DTS 2, YCT & DTS 1 |
| <i>Embodiment</i> ® Yoga Therapist Training, Australia | Feb 16 – 21 | Foundations |
| Foundations | Mar 29 – Apr 2 | Everyone Welcome! |
| Radical Anatomy | May 3 – 5 | Everyone Welcome! |
| <i>Embodiment</i> ® Yoga Therapist Training | May 6 – 11 | Foundations |
| YTT Level 4 | Jun 22 – 30 | YTT & DTS 3 |
| Foundations | Jul 24 – 28 | Everyone Welcome! |
| Radical Anatomy, Australia | Aug 23 – 25 | Everyone Welcome! |
| YTT Level 4, Australia | Aug 26 – Sept 3 | YTT & DTS 3 |
| YTT Level 1 | Sept 9 – 15 | Foundations |
| YCT Level 3 (Yoga Classroom Therapeutics) | Sept 17 – 25 | YTT & DTS 3, YCT & DTS 2 |
| EYTS | | |
| Teacher TuneUp - Balance & Inversions | Feb 4 – 8 | YTT & DTS 3 |
| Deceptive Flexibility 1 | Apr 9 – 14 | YTT & DTS 1, <i>Embodiment</i> ® |
| <i>Embodiment</i> ® Therapist TuneUp | Aug 14 – 18 | <i>Embodiment</i> ® |
| Foundations Review | Sept 5 – 8 | Foundations |
| Teacher TuneUp - Lower Spinal Release | Oct 5 – 9 | YTT & DTS 1 |
| ATT | | |
| DEEPER: Heart Openers | Mar 12 – 17 | YCT & DTS 2 |
| PYT 464: Yoga Therapy: Spine, Knees & Feet | Apr 23 – May 1 | PYT/ATT 463 & DTS |
| PYT 262: Yoga Therapy: Treating Pain | May 28 – Jun 5 | YCT/YTT2 (10 days) & DTS, <i>Embodiment</i> ® |
| DEEPER: Abs | Nov 5 – 10 | YCT/YTT2 (10 days) & DTS, <i>Embodiment</i> ® |

Meditation Teacher Training

| TRAINING | DATES | PREREQUISITES |
|----------------------------|----------------|--|
| MTT | | |
| Meditation Teacher TuneUp | Jul 29 – Aug 4 | MTT |
| Vichara Therapist Training | Oct 29 – Nov 3 | Discussion Group Leader, <i>Embodiment</i> ® |
| Teaching Sutras | Nov 16 – 24 | MTT |

Phone Courses

| TRAINING | DATES | PREREQUISITES |
|---|--------|-------------------|
| Phone Courses | | |
| Leading a Discussion Group begins | Jan 23 | Foundations |
| FREE Intro Call for Year-Long Programme | Feb 24 | Everyone Welcome! |
| Year Long Programme begins | Mar 8 | Everyone Welcome! |
| Yogify Your Life | Apr 1 | Everyone Welcome! |
| Leading a Discussion Group begins | May 23 | Foundations |

Retreats

| TRAINING | DATES | PREREQUISITES |
|-----------------------------------|-----------------|---------------------|
| Retreats | | |
| Shaktipat Retreat, Rehoboth Beach | Jan 25 – 27 | Everyone Welcome! |
| Shishya Retreat - Shivaratri | Mar 2 – 6 | Shishya |
| Yoga Therapy Intensive Retreat | Mar 6 – 10 | Everyone Welcome! |
| DIY: Deepen It Yourself | Apr 4 – 7 | Everyone Welcome! |
| Yoga Therapy Intensive Retreat | May 13 – 17 | Everyone Welcome! |
| Shaktipat Retreat | May 17 – 19 | Everyone Welcome! |
| DIY: Deepen It Yourself | Jun 6 – 9 | Everyone Welcome! |
| Vows Prep Retreat | Jul 9 – 12 | Vows Prep Course |
| Vowed Ordered Retreat | Jul 13 – 17 | Vowed Member |
| Shaktipat Retreat | Jul 19 – 21 | Everyone Welcome! |
| DIY: Deepen It Yourself | Aug 8 – 11 | Everyone Welcome! |
| Shaktipat Retreat, Australia | Aug 30 – Sept 1 | Everyone Welcome! |
| Shaktipat Retreat | Oct 11 – 13 | Everyone Welcome! |
| Yoga Therapy Intensive Retreat | Oct 14 – 18 | Everyone Welcome! |
| Year-Long Programme Retreat | Oct 25 – 27 | Year-Long Programme |
| Shaktipat Retreat | Nov 8 – 10 | Everyone Welcome! |
| New Years Retreat | Dec 30 – Jan 2 | Everyone Welcome! |