



2020 Programs (by Date)

@ Lokananda in Downingtown, PA

All Programs are in Downingtown, PA unless another location is specified.

DATES	TITLE	TYPE	PREREQUISITES
December 2019			
30 – Jan 1	New Year Retreat	Retreat	Everyone Welcome!
January			
4 – 10	SPC: Leading Half Day Workshops	SPC	YTT & DTS 2
17 – 19	Inspiring Teachers' Retreat	Retreat	By Invitation
21 – 26	DEEPER: Lower Spinal Release	ATT	YCT & DTS 2
February			
4 – 9	Intro to Gentle Yoga	EYTS	YCT & DTS 2
16 – 20	Yoga Healing Retreat	Retreat	Everyone Welcome!
20 – 23	Shivaratri Shaktipat Retreat (4 days)	Retreat	Everyone Welcome!
March			
2 – 8	YTT Level 2	YTT	YTT & DTS 1
10 – 18	PYT 262: Treating Pain	PYT	YCT & DTS 2, Embodiment®
11	Year-Long Programme begins (Multi-Media)	Sutra Studies	Everyone Welcome!
31 – Apr 5	Deceptive Flexibility 1	EYTS	YTT & DTS 1, Embodiment®
April			
16 – 19	Deepen Your Yoga	Retreat	Everyone Welcome!
22 – 26	Foundations	YTT	Everyone Welcome!
28 – May 7	Yoga Healing Retreat (10 days)	Retreat	Everyone Welcome!
May			
11 – 17	Yoga Classroom Therapeutics 1 (YCT 1)	PYT	YTT & DTS 1
22 – 24	Shaktipat Retreat – experienced yogis only	Retreat	3 Shaktipat Retreats
30 – Jun 4	Embodiment®	YTT	Foundations
June			
5 – 7	Radical Anatomy	YTT	Everyone Welcome!
11 – 14	Deepen Your Yoga	Retreat	Everyone Welcome!
24 – 28	Yoga Healing Retreat	Retreat	Everyone Welcome!

DATES	TITLE	TYPE	PREREQUISITES
July			
6 – 9	Vows Prep Retreat	Retreat	Vows Prep Course
10 – 14	Vowed Order Retreat	Retreat	Vowed Member
15 – 19	Teacher TuneUp: Twists & Seated Poses	EYTS	YTT & DTS 4
23 – 26	Foundations Review	EYTS	Foundations
27 – Aug 2	YTT Level 1	YTT	Foundations
August			
10 – 14	Yoga Healing Retreat	Retreat	Everyone Welcome!
14 – 16	Shaktipat Retreat	Retreat	Everyone Welcome!
24 – Sep 2	PYT 463: Yoga Therapy – Neck & Shoulders (Australia)	PYT	PYT 262
27 – 30	Deepen Your Yoga	Retreat	Everyone Welcome!
September			
14 – 20	SPC: Teaching Yoga for Your Back	SPC	YCT & DTS 2, Embodiment®
23 – 27	Foundations	YTT	Everyone Welcome!
29 – Oct 4	DEEPER: Neck & Shoulders	ATT	YTT & DTS 3 (10-day)
October			
17 – 25	YTT Level 3	YTT	YTT & DTS 2
30 – Nov 8	Meditation Retreat: Mindfulness & More (10 days)	Retreat	Everyone Welcome!
November			
13 – 15	Year-Long Programme Retreat	Sutra Studies	Everyone Welcome!
17 – 22	Deceptive Flexibility 2	EYTS	Deceptive Flex 1, YTT 3 (10-day)
27 – 29	Shaktipat Retreat	Retreat	Everyone Welcome!
29 – Dec 3	Yoga Healing Retreat	Retreat	Everyone Welcome!
December			
3 – 6	Foundations Review	EYTS	Foundations
6 – 17	Meditation Teacher Training	MTT	Foundations, Shaktipat Retreat
31 – Jan 2	New Year Retreat	Retreat	Everyone Welcome!

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2020 Immersions (by Type)

@ 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	Mar 2 – 8	YTT & DTS 1
Foundations	Apr 22 – 26	Everyone Welcome!
Yoga Classroom Therapeutics 1 (YCT 1)	May 11 – 17	YTT & DTS 1
<i>Embodiment</i> [®]	May 30 – Jun 4	Foundations
Radical Anatomy	Jun 5 – 7	Everyone Welcome!
YTT Level 1	Jul 27 – Aug 2	Foundations
Foundations	Sep 23 – 27	Everyone Welcome!
YTT Level 3	Oct 17 – 25	YTT & DTS 2
EYTS		
Intro to Gentle Yoga	Feb 4 – 9	YCT & DTS 2
Deceptive Flexibility 1	Mar 31 – Apr 5	YTT & DTS 1, <i>Embodiment</i> [®]
Teacher TuneUp: Twists & Seated Poses	Jul 15 – 19	YTT & DTS 4
Foundations Review	Jul 23 – 26	Foundations
Deceptive Flexibility 2	Nov 17 – 22	Deceptive Flex 1, YTT & DTS 3 (10-day)
Foundations Review	Dec 3 – 6	Foundations
ATT		
DEEPER: Lower Spinal Release	Jan 21 – 26	YCT & DTS 2
PYT 262: Treating Pain (Australia)	Mar 10 – 18	YCT & DTS 2, <i>Embodiment</i> [®]
PYT 463: Yoga Therapy – Neck & Shoulders	Aug 24 – Sep 2	PYT 262
DEEPER: Neck & Shoulders	Sep 29 – Oct 4	YTT & DTS 3 (10-day)
SPC		
SPC: Leading Half Day Workshops	Jan 4 – 10	YTT & DTS 2
SPC: Teaching Yoga for Your Back	Sep 14 – 20	YCT & DTS 2, <i>Embodiment</i> [®]

Meditation Teacher Training

TRAINING	DATES	PREREQUISITES
Meditation Teacher Training	Dec 6 – 17	Foundations, Shaktipat Retreat

Phone Courses

TRAINING	DATES	PREREQUISITES
Year-Long Programme begins	Mar 11	Everyone Welcome!

Retreats

TRAINING	DATES	PREREQUISITES
New Year Retreat	Dec 30 – Jan 1	Everyone Welcome!
Inspiring Teachers' Retreat	Jan 17 – 19	By Invitation
Yoga Healing Retreat	Feb 16 – 20	Everyone Welcome!
Shivaratri Shaktipat Retreat (4 days)	Feb 20 – 23	Everyone Welcome!
Deepen Your Yoga	Apr 16 – 19	Everyone Welcome!
Yoga Healing Retreat (10 days)	Apr 28 – May 7	Everyone Welcome!
Shaktipat Retreat – experienced yogis only	May 22 – 24	3 Shaktipat Retreats
Deepen Your Yoga	Jun 11 – 14	Everyone Welcome!
Yoga Healing Retreat	Jun 24 – 28	Everyone Welcome!
Vows Prep Retreat	Jul 6 – 9	Vows Prep Course
Vowed Order Retreat	Jul 10 – 14	Vowed Member
Yoga Healing Retreat	Aug 10 – 14	Everyone Welcome!
Shaktipat Retreat	Aug 14 – 16	Everyone Welcome!
Deepen Your Yoga	Aug 27 – 30	Everyone Welcome!
Meditation Retreat: Mindfulness & More (10 days)	Oct 30 – Nov 8	Everyone Welcome!
Year-Long Programme Retreat	Nov 13 – 15	Year-Long Programme
Shaktipat Retreat	Nov 27 – 29	Everyone Welcome!
Yoga Healing Retreat	Nov 29 – Dec 3	Everyone Welcome!
New Year Retreat	Dec 31 – Jan 2	Everyone Welcome!