



2019 Programs

In Date Order

DATES	TITLE	TYPE	LOCATION
December			
30 – Jan 2	New Year's Retreat	Retreat	Lokananda
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 Year's 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		
New Year's Retreat	Dec 30 – Jan 2	Everyone Welcome!
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 Year's Retreat	Dec 30 – Jan 2	Everyone Welcome!