

Cultivating Skill in Action

300-hour curriculum for RYT 500 certification

2020 training programs and workshops

* indicates a required module for the 300-hour training program

Quarterly

[Mentorship Program for Yoga Teachers](#)

* YTT300 / RYT 200 CEU – 18 hours

A one-on-one experience designed to enhance your teaching skills.

[Refine Your Asana with Glenda Mackie](#)

January 25, April 25, July 18, October 17

* YTT300/RYT200 CEU: 2 hours

[Refine Your Assisting with Kristina Pugh](#)

January 26, April 25, July 18, October 17

* YTT300/RYT200 CEU: 2 hours

January 17-19

[Weekend of Silent Reflection with Jill Sockman](#)

RYT 200 CEU – 13 hours | YTT300 – 14 hours

Early Bird discount registration ends December 17.

February 15-16

[Sanskrit Revolution with Marcy Goldstein](#)

* YTT300/ RYT 200 CEU – 10 hours

Early Bird discount registration ends January 15.

March 14

[Teaching Yoga for Better Bone Health with Julie Realon](#)

YTT300/ RYT 200 CEU – 4 hours

Early Bird discount registration ends February 14.

April 17-19

[The Art of Masterful Living: Embodying the Five Elements Through Yoga with Todd Norian](#)

YTT300/ RYT 200 CEU – 11 hours

Early Bird discount registration ends March 16.

May 15-17

[Ayurveda Immersion with Arpita Shah](#)

* YTT300 / RYT 200 CEU – 13 hours

Early Bird discount for registration paid in full ends April 15

June 19-21

[Yoga and Recovery: The Y12SR Leadership Training with Dana Walters](#)

YTT300 / RYT 200 CEU – 17 hours

Early Bird discount for registration paid in full ends May 21.

July 11-12

[The Yoga Sutras with Angela Hawkins](#)

YTT300 / RYT 200 – 10 hours

Early Bird discount registration ends June 11.

August 14-16

[Refine & Align Your Teaching with Jill Sockman and Kathleen Yount](#)

* RYT 200 CEU– 18 hours | YTT300 CEU 20 hours (includes outside assignments)

Early Bird discount registration ends July 7.

September 18-20

[Connection Coalition: Yoga Outreach Training with Jodi Weiner](#)

YTT300 / RYT 200 CEU – 15 hours

Early Bird discount registration ends August 18.

October 3-4

[Finding Your Voice with Carrington Jackson](#)

* YTT300 / RYT 200 CEU – 12 hours

Early Bird discount registration ends September 3.

November 13-15

[Meditation: Teaching and Practicing with Philip Bender](#)

YTT300 / RYT 200 – 11 hours

Early Bird discount registration ends October 13.

December 4-6

[Bhakti Weekend Intensive with Dani Strauss](#)

* YTT300 / RYT 200 CEU – 10 hours

Early Bird discount registration ends November 7.

Registration

All advanced yoga teacher training modules and workshops are/will be listed on the [website](#). You may register online, in the studio, or send a check through the mail. Please do not call the studio for registration. Some workshops have sessions open for drop-in students. Please note that for YTT300 credit, you must complete the weekend in its entirety, including required reading and assignments.

More Information

You'll find more information on this page on an ongoing basis. If you'd like to be placed on our mailing list for advanced training and YTT300 information as it is released, please provide your email on this [simple form](#). If you have questions about the program, please [email us](#).