

## 2023 SMC Yoga Therapist Training Level 1 / YA 300hr Training Dates

### Weekend Classroom Curriculum:

Sat & Sun 10am-1pm & 2:30-5:30pm Hybrid format: You may either be in the room with us, or “live” on Zoom.

#### **-2023-**

Mar 11 – 12

Apr 1 – 2

Apr 22 – 23

May 20 – 21

Jun 3 – 4

Jun 24 – 25

Jul 15 – 16

Aug 5 – 6

Summer Break

Sep 9 – 10

Sep 30 – Oct 1

Oct 21 – 22

Nov 11 – 12

Dec 2 - 3

Dec 16 – 17

Winter Break

#### **-2024-**

Jan 13 – 14

**Jan 27 – 28 Finals and Graduation**

### Wednesday Techniques and Practice:

In addition to the weekend immersions approximately every 3 weeks, you are required to attend Wednesday evening classes every week, 6 – 9pm either by Zoom or in person.

#### **-2023-**

Mar 15, 22, 29

Apr 5, 12, 19, 26

May 3, 10, 17, 24, 31

Jun 7, 14, 21, 28

Jul (No 4<sup>th</sup>), 12, 19, 26

Aug 3

Summer Break

Sep 13, 20, 27

Oct 4, 11, 18, 25

Nov 1, 8, 15, 29

Dec 6, 13

Winter Break

#### **-2024-**

Jan 10, 17, 24

**Total hours for Level 1 Course: 300 hrs**

**Practicum hours Level 1: 60 hrs**

**Total Level 1 Course: 360hrs**