

SMC Yoga Therapist Training

2022/23 Level 1 / 300hr Training Dates

Soft Start: If you would like to begin your required Observation Hours and Anatomy Projects early, either Lynn or I will be available to help you on the following dates. Attendance is recommended, but optional. Classes to observe are in the morning, and students will have time with the instructor after class to de-brief on the class and start homework assignments. Approximately 3hrs total

-2022-

July 9 - 10 (Optional Observations and start Anatomy projects)

July 23 – 24 (Optional Anatomy head-start after Observation)

Beginning 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.

-2022-

Sep 10 – 11

Oct 1 - 2

Oct 22 - 23

Nov 12 – 13

Dec 3 – 4

-2023-

Jan 7 – 8

Jan 28 – 29

Feb 18 – 19

Mar 11 – 12

Apr 1 – 2

Apr 22 – 23

May 20 – 21

Jun 3 – 4

Jun 24 – 25

Jul 15 – 16

Jul 29 – 30 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 by Zoom.

-2022-

Sep 14, 21, 28

Oct 5, 12, 19, 26

Nov 2, 9, 16, (No Tksg), 30

Dec 7 (3 week Xmas break)

-2023-

Jan 4, 11, 18, 25

Feb 1, 8, 15, 22

Mar 1, 8, 15, 22, 29

Jun 7, 14, 21, 28

Jul (No 4th), 12, 19, 26

Total hours for Level 1 Course: 321