

Heartwood Online Yoga Therapy Certification Schedule

Subject Tuesdays 6 – 9 pm	Practice Saturdays 1 – 6 pm	Practicum Sun 1 – 4 pm
Jan. 7 - Addiction	Jan 11 - TBA	
Jan 14 - Addiction		
Jan 21 - Addicted Brain	Jan 25 - Addiction	Jan 26
Jan 28 - Scoliosis/ back pain		
Feb 4 - Neck and Shoulders	Feb 8 – Back pain	
Feb 11 - Bhagavad Gita/ MS		
Feb 18 - Bhagavad Gita/ Lyme	Feb 22 - MS & Lyme	Feb 23
Feb 25 - Bhagavad Gita/ Bad Feet		
March 4 - Bhagavad Gita/ Veins	March 8 - Feet/ Veins	
March 11 - Bhagavad Gita		
March 18 - Dharma	March 22 - Dharma/ Tantra	March 23
March 25 - Dharma		
April 1 - Hip and Knee Replacements	April 5 - Hip and Knee	
April 8 - Traumatic Brain Injury		
April 15 - Eating Disorders	April 19 - Traumatic Brain Injury	April 20
April 22 - Eating Disorders	April 26 - Eating Disorders	
April 29 - Human Development		
May 6 - Hip and Knee Replacements	May 10 - Hip and Knee	May 11
May 13 - Yoga of the mind		
May 20 - Anxiety	May 24 - Anxiety	
May 27 - Social media/ Polyvagal theory		
June 3 - Depression	June 7 - Depression	June 8

June 10 - Chronic Pain		
June 17 - Mental Health	June 21 - Cult Dynamics	
June 24 - Mental Health		
July 8 - Divorce/ Human Development & Brain	July 12 - Mental Health	July 13
July 15 - Upanishads/ Migraines & Headaches		
July 22 - Upanishads / Migraines & Headaches	July 26 - Biology of Belief	
July 29 - Upanishads		
August 5 - Yoga and Money	August 9 - Yoga and Money	August 10
August 12 - Women's Studies/ Infertility & Loss		
August 19 - Women's Studies/ Cycles	August 23 - Women's/ Deities	
August 26 - Yoga for Cancer Recovery		
Sept 2 - Yoga for Cancer Recovery	Sept 6 - Cancer	Sept 7
Sept 9 - Death and Dying/ Grief and loss		
Sept 16 - Compassion / Holding space	Sept 20 - Death and dying	
Sept 23 - Ceremony		
Sept 30 - Sleep and Insomnia	Oct 4 - Sleep	Oct 5
Oct 7 - Delivering Telehealth		
Oct 14 - Yoga therapy for Divorce	Oct 18 - TBA	
Oct 21 - Buddhism/ Arthritis		
Oct 28 - Buddhism / Ceremony	Nov 1 - Arthritis/ Ceremony	Nov 2
Nov 4 - Buddhism/ Wrists and hands		
Nov 11 - Buddhism/ Heart Health	Nov 15 - Wrists & Hands/ Heart	
Nov 18 - Nature as a Healing Modality		