



Laughing Elephant Yoga

200-hour TT Schedule

Our 200-hour Teacher Training will be spread over 6 ½ months, meeting roughly every other weekend plus select Wednesdays. Here is the hourly breakdown:

Wednesday:	5:30 pm - 9:00 pm
Friday:	5:30 pm - 9:00 pm
Saturday:	2:00 pm - 5:00 pm
Sunday:	9:00 am - 12:00 pm 1:00 pm - 5:00 pm

The dates for our 200-hour 2022/2023 Teacher Training (Extended Format) are as follows:

September, 2022

Friday - Sunday:	September 9 - 11
Wednesday:	September 14
Friday - Sunday:	September 23 - 25

October, 2022

Friday - Sunday:	October 7 - 9
Wednesday:	October 12
Friday - Sunday:	October 21 - 23

November, 2022

Friday - Sunday:	November 4 - 6
Wednesday:	November 9
Friday - Sunday:	November 18 - 20

December, 2022

Friday - Sunday: December 2 - 4

Wednesday: December 7

Friday - Sunday: December 9 - 11

January, 2023

Friday - Sunday: January 6 - 8

Wednesday: January 11

Friday - Sunday: January 20 - 22

February, 2023

Friday - Sunday: February 3 - 5

Wednesday: February 8

Friday - Sunday: February 17 - 19

March, 2023

Friday - Sunday: March 3 - 5

Wednesday: March 8

Friday: March 10 (graduation)



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200-hour TT Reading List

The books listed below represent required and recommended reading for your 200-hour Teacher Training program. Each book has been carefully selected to support your experience within the training and grow your knowledge base as a whole well into the future. Please be sure to obtain all the books on the “Required Reading” list prior to the start of the program. The books listed under “Additional Reading” are suggestions should you wish to delve deeper.

Required Reading

- “The Yoga Sutras of Patanjali” - translation by Sri Swami Satchidananda
- “The Heart of Yoga” - by T.K.V. Desikachar
- “Yoga Toolbox for Teachers & Students” (4th edition) - Joseph LePage & Lilian Aboim
- “The Key Muscles of Yoga” - Ray Long & Chris MacIvor
- “The Inspired Yoga Teacher” - Gabrielle Harris
- “Deep Listening” - Jillian Pransky

Additional Reading

- “Yoga Anatomy” - by Leslie Kaminoff & Amy Matthews
- “The Key Poses of Yoga” - Ray Long & Chris MacIvor
- “Light on Yoga” - by B.K.S. Iyengar
- “Teaching Yoga” - Mark Stephens
- “The Bhagavad Gita” - translation by Eknath Easwaran
- “Wherever You Go There You Are” - by Jon Kabat-Zinn
- “Breath” - James Nestor

Additional Resources

Yoga International: <https://yogainternational.com/>

Yoga Journal: <https://www.yogajournal.com/>

Yoga Alliance: <https://www.yogaalliance.org/>