

Heartwood Online Yoga Therapy Certification Schedule

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	Feb23
Feb 25	Bhagavad Gita Bad Feet		
March 4	Bhagavad Gita/	March 8-Feet/ Veins	
March11	Bhagavad Gita		
March 18	Dharma	March 22/ Dharma/ Tantra	March 23
March25	Dharma		
April 1	Hi and Knee Replacements	April 5 / Hip and Knee	
April 8	Traumatic Brain Injury		
April 15	Eating Disorders	April 19/ Traumatic Brain	April 20
April 22	Eating Disorders		
April 29	Human Development	April 26 Eating Disorders	
May 6	Hip and Knee Replacements		
May 13	Yoga of the mind	May 10 Hip and Knee	May 11
May 20	Anxiety		
May 27	Social media/ Polyvagal theory	May 24 Anxiety	
June 3	Depression		
June 10	Chronic Pain	June 7 Depression	June 8
June 17	Mental Health		
June 24	Mental Health	June 21 Cult Dynamics	
July 8	Divorce/ Human Development - brain	July 12	July 13
July 15	Upanishads/ Migraines & headaches		
July 22	Upanishads / Headaches Migraines	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/ Dieties	
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 an 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 and hands/ Heart	
Nov 18	Nature as a Healing modality		