



**Now Accepting Applications for our Module-Based Advanced Yoga Teacher Training
Starting in January 2027**

Yoga Teacher Training Program

Philosophy • Spirituality • Energetics of Yoga & Ayurveda

A Modular 300-Hour Training — Take All 5 Modules or Any Module Stand-Alone for CEUs

Program Emphasis

This modular program emphasizes philosophy, spirituality, and the energetics of Yoga and Ayurveda. Complete all five modules for the full 300-hour training, or take individual modules as stand-alone CEU workshops.

Training Hours

Component	Hours
Asana Techniques	140
Yoga Philosophy	44
Yoga Anatomy & Physiology	24
Teaching Methodology	68
Yoga Ethics	2.5
Student Practicum Teaching	30
Total Training Hours	308.5

Includes 50 hours of Yin Yoga (Module 1 — available as a stand-alone CEU training).

Curriculum Highlights

- Traditional Chinese Medicine meridian pathways through Yin and Myofascial Release (50 hours of Yin Yoga)
 - Chakras, Nadis, and Koshas
- Functional vs. form-based asana; breath-centered Hatha Yoga practices
 - Advanced Pranayama and Kriyas
 - Mudras, Mantras, and Yantra
 - Yoga Nidra
 - Ayu Yoga
 - Sacred Geometry and the philosophy behind the yogasanas
 - Philosophy: *The Living Gita* and *Katha Upanishads*
- Vedic Astrology: Yantra, Mantra, and Gem Therapy for each student
 - Developing and sustaining a personal practice
- Introduction to Tantra; the 10 Yamas and Niyamas; Tantra's view of the Chakras
- Student practicums for each module (90-minute 5-part integrated practice, Yoga Nidra, Yin classes, and a 2-hour Tantra Chakra workshop)

Modular Investment	Price
Full Program — All 5 Modules	\$4,000
Module 1 (Yin Yoga)	\$1,000
Module 2	\$800
Module 3	\$800
Module 4	\$800
Module 5	\$800

*Each module can be taken stand-alone for CEUs. Completion of all 5 modules = 300-hour training.
Unplug 200-Hour Graduates receive 20% off.*

Apply Now

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Required Books

You will receive a student training manual and the following books (digital versions available):

- *The Living Gita* by Sri Swami Satchidananda
- *Katha Upanishads*
- *Mudras for Healing and Transformation* by Joseph and Lillian Le Page
- *Yoga: The Practice of Myth and Sacred Geometry* by Rama Jyoti Vernon
 - *Prana and Pranayama* by Swami Niranjanananda Saraswati
 - *Dharana Darshan* by Swami Niranjanananda Saraswati
 - *Yoga for Wellness* by Gary Kraftsow
- *Fascia: What It Is and Why It Matters* (2nd Ed.) by David Lesondak

2027 Modular Training Schedule

Five Stand-Alone Modules • Complete All for 300-Hour Certification

Module 1: 50-Hour Yin Yoga Intensive — \$1,000

Stand-alone CEU option. Weekend format.

Saturday, January 16	12:00 pm – 6:00 pm
Sunday, January 17	12:30 pm – 5:30 pm
Saturday, January 30	12:00 pm – 6:00 pm
Sunday, January 31	12:30 pm – 5:30 pm
Saturday, February 13	12:00 pm – 6:00 pm
Sunday, February 14	12:30 pm – 5:30 pm
Saturday, February 27	12:00 pm – 6:00 pm
Sunday, February 28	12:30 pm – 5:30 pm
March Practicums	TBD with students

Module 2: April – May — \$800

Tantra Yoga Nidra and Tantra's View of the Chakras

Tuesday, April 6	6:00 pm – 9:00 pm
Tuesday, April 13	6:00 pm – 9:00 pm
Saturday, April 10	12:00 pm – 6:00 pm
Sunday, April 11	12:30 pm – 5:30 pm

Tuesday, April 27	6:00 pm – 9:00 pm
Tuesday, May 4	6:00 pm – 9:00 pm
Tuesday, May 11	6:00 pm – 9:00 pm
Saturday, May 1	12:00 pm – 6:00 pm
Sunday, May 2	12:30 pm – 5:30 pm
Tuesday, May 18	6:00 pm – 9:00 pm
Tuesday, May 25	6:00 pm – 9:00 pm
May Practicums	Last 2 weeks (TBD)

No class April 20.

Module 3: June – July — \$800

Apex Poses

Tuesday, June 1	6:00 pm – 9:00 pm
Tuesday, June 8	6:00 pm – 9:00 pm
Tuesday, June 15	6:00 pm – 9:00 pm
Tuesday, June 22	6:00 pm – 9:00 pm
Saturday, June 26	12:00 pm – 6:00 pm
Sunday, June 27	12:30 pm – 5:30 pm
Tuesday, June 29	6:00 pm – 9:00 pm
Tuesday, July 6	6:00 pm – 9:00 pm
Tuesday, July 13	6:00 pm – 9:00 pm
Tuesday, July 20	6:00 pm – 9:00 pm
Tuesday, July 27	6:00 pm – 9:00 pm
July Practicums	Tuesday evenings & possible weekends

No class July 8.

Module 4: August – September — \$800

Energetics of Yoga – Sequencing

Tuesday, August 3	6:00 pm – 9:00 pm
Tuesday, August 10	6:00 pm – 9:00 pm
Saturday, August 14	12:00 pm – 6:00 pm
Sunday, August 15	12:30 pm – 5:30 pm
Tuesday, August 17	6:00 pm – 9:00 pm
Tuesday, August 24	6:00 pm – 9:00 pm
Tuesday, August 31	6:00 pm – 9:00 pm
Tuesday, September 7	6:00 pm – 9:00 pm
Tuesday, September 14	6:00 pm – 9:00 pm
Tuesday, September 21	6:00 pm – 9:00 pm
Tuesday, September 28	6:00 pm – 9:00 pm
September Practicums	Tuesday evenings & possible weekends

No class August 30.

Module 5: September – December — \$800

Ayurveda and Yoga

Saturday, September 25	12:00 pm – 6:00 pm
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Sunday, September 26	12:00 pm – 6:00 pm
Tuesday, October 5	6:00 pm – 9:00 pm
Tuesday, October 12	6:00 pm – 9:00 pm
Tuesday, October 19	6:00 pm – 9:00 pm
Saturday, October 23	12:00 pm – 6:00 pm
Sunday, October 24	12:30 pm – 5:30 pm
Tuesday, October 26	6:00 pm – 9:00 pm
Tuesday, November 2	6:00 pm – 9:00 pm
Tuesday, November 9	6:00 pm – 9:00 pm
Saturday, November 13	Weekend (times TBD)
Sunday, November 14	Weekend (times TBD)
Tuesday, November 16	6:00 pm – 9:00 pm
Tuesday, November 23	6:00 pm – 9:00 pm
Tuesday, November 30	6:00 pm – 9:00 pm
Tuesday, December 7	6:00 pm – 9:00 pm
Tuesday, December 14	6:00 pm – 9:00 pm (Last Class)
December Practicums	After final class

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Unplug Yoga Energy Center