



Sri Sri School of Yoga Teacher Training:

FULL ONLINE FORMAT

Our comprehensive training provides you with a deep, immersive, and experiential understanding of yoga and equips you with empowering teaching techniques.

Weekly Schedule

*Sample only & subject to change

Video Sessions & Self-Study

20 - 22 hours per week

Live Sessions

Every Saturday & Sunday

5 hours per week

Sat: 6:30 AM PDT – 9:30 AM PDT/9:30 AM EDT – 12:30 PM EDT

Sun: 6:30 AM PDT – 8:30 AM PDT/9:30 AM EDT – 11:30 AM EDT

Optional Yoga Sessions

Every Sunday on weeks 3 - 7

60 minute class

9:30 am (PDT) / 12:30 am (EDT)

Mentor session:

60 mins mandatory mentor session. Further details provided on the orientation call.

Further Resources:

On demand videos & resource library

Please note there will be an orientation call on the first day of training for 1.8 hours.

