



95H Children's Yoga Teacher Training

HYBRID FORMAT

Our comprehensive training provides you with a strong foundation in a broad spectrum of areas to confidently and compassionately teach children and youth aged 4-17 in a fun, safe, deeply rewarding, and beneficial way.

On-Campus Daily Schedule

*Sample only & subject to change

6:30 – 8:30am **Sadhana / Morning Practice**

Daily practice to go within and practice 90 minutes of yoga, breathwork, and cleansing yoga techniques. You will be able to familiarize yourself with all the practices as well as experience different teaching styles.

8:30 – 10:15am **Breakfast Break**

10:15am – 1:00pm **Morning Session**

Sessions are a blend of training in techniques of asana, pranayama, teaching practice, instruction in anatomy and physiology as well as exposure to various topics such as yoga philosophy, Ayurveda, Sanskrit, business of yoga, etc.

1:00 – 2:30pm **Lunch Break**

2:40 – 3:00pm **Yoga Nidra:** Yogic Rest practice to recharge your batteries for the rest of the day

3:00 – 6:00pm **Afternoon Session & Evening Practice of Yoga and Meditation**

6:00 – 7:30pm **Dinner Break**

7:30 – 8:30pm **Satsang to amplify learnings**

8:30 – 9:00pm **Evening Session**

Online Schedule

(See page 2)





Online Schedule (Weekends Only)

*Sample only & subject to change

Self-Study & Assignments

4-5 hours per week

Live Sessions

Every Saturday & Sunday

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

Further resources:

On demand videos & resource library

