



## **95H Children's Yoga Teacher Training**

### **ONLINE 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.

### **Online Schedule**

*\*Subject to change*

#### **Self-Study & Assignments**

5-6 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

