



two-part
**yoga teacher
training**

2022

daily schedule*

8-9 practice
9-11 forest bathing
11-11:30 discussion & lunch
11:30-4 lecture
practice teach
group work
study

*sample schedule, subject to change

discover + develop

SAT 8am-4pm

feb 5, 19

mar 5, 19

apr 2, 16, 30

may 14, 28

focus on asana, pranayama,
pratyahara + practice teaching

beyond the mat

SAT & select SUN 8am-4pm

sep 10, 24, 25

oct 8, 22, 23

nov 5, 6, 19

focus on all 8 limbs of yoga,
philosophy + theming a class

144 contact hours

60 self study hours

20 hours practice teaching

10 service hours

led by

Anthony + Christine DiLuglio

+TWY teachers

+special guest teachers

tuition \$2399 paid in four monthly payments by 5/28/22

*discounts available for YTs and TWY staff

tuition does not include required or recommended reading, yoga membership

*must complete application and be approved to enroll in YTT

*\$500 non-refundable deposit required upon application approval

*must complete training/makeup work/pay in full to receive certificate

curriculum

Postural Clinics

Foundations of Vinyasa

Safe, Effective and Inspired Sequencing

Pranayama and Meditation

Practice Teaching

Business and Ethics of Yoga

Personal Development + Self Inquiry

Anatomy & Physiology

History of Yoga

Yoga Philosophy and Sacred Texts

The 8 Limbs of Yoga

Chakras & Subtle Anatomy

**curriculum subject to change*

discover + develop

required reading

teaching yoga:
essential foundations + techniques
(Mark Stephens)

anatomy of fitness yoga
(Goldie Karpel Oren)

beyond the mat

required/recommended reading

the yamas + the niyamas
(Deborah Adele)

the bhagavad gita
(Stephen Mitchell)

More TBD

The program is open to those who are ready to dive deeper into their own practice and understanding of yoga. Students should be willing to courageously examine their stories and beliefs, within the safe and supported container of the YTT, which aims to support and inspire individual growth and transformation.

Vinyasa Yoga is compatible with all other styles and traditions of yoga. Upon successful completion, participants will be qualified to teach yoga.