



JOY OF YOGA

100 Hour Teacher Training

REQUIRED COURSES

For complete course descriptions, refer to the Joy of Yoga 100 Hour page.

Courses must be completed in the following order, be sure to complete the questions at the end of the course for full completion:

- ☐ Moving Into Meditation with Jennifer Prugh & guest Jennifer Walthers 15 hours, self-paced + 1 live session, lifetime access
 - ☐ Art of Presence with Jennifer Prugh & guest Jennifer Walthers 15 hours, self-paced, lifetime access
 - ☐ Heart-Mind Practices with Jennifer Prugh & guest Jennifer Walthers 15 hours, self-paced, lifetime access
 - ☐ Mapping the Inner Life with Jennifer Prugh & guest Jennifer Walthers 15 hours, self-paced, lifetime access
 - ☐ Bloom: 300-Hour Mentorship with Jennifer Prugh 30 hours, live
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Courses may be taken at any time and in any order, but must be completed prior to the Mentorship:

- ☐ Winter Afternoon Retreat with Jennifer Prugh & guest Jennifer Walthers 3.5 hours, self-paced, lifetime access
- ☐ Spring Afternoon Retreat with Jennifer Prugh & guest Jennifer Walthers 3.5 hours, self-paced, lifetime access
- ☐ Summer Afternoon Retreat with Jennifer Prugh & guest Jennifer Walthers 3.5 hours, self-paced, lifetime access
- ☐ Autumn Afternoon Retreat with Jennifer Prugh & guest Jennifer Walthers 3.5 hours, self-paced, lifetime access