



# 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, 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
  - Mentorship with Jennifer Prugh 30 hours, live
- 

**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, live
- Spring Afternoon Retreat with Jennifer Prugh & guest Jennifer Walthers 3.5 hours, live
- Summer Afternoon Retreat with Jennifer Prugh & guest Jennifer Walthers 3.5 hours, live
- Autumn Afternoon Retreat with Jennifer Prugh & guest Jennifer Walthers 3.5 hours, live