



# JOY OF YOGA

## 1000 Hour Teacher Training

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### REQUIRED COURSES

*For complete course descriptions, refer to the JOY of Yoga 300 Hour page.*

#### 300 hour Core Curriculum

- JOY of Cleansing with Bridget Puchalsky *60 Hours, 4 courses (15 hours each)*
  - Winter Cleanse
  - Spring Cleanse
  - Summer Cleanse
  - Autumn Cleanse
  
- Moving with the Seasons with Jennifer Prugh *60 Hours, 4 courses (15 hours each)*
  - Winter
  - Spring
  - Summer
  - Autumn
  
- Movement Lab: Practical Anatomy & Kinesiology with Noell Clark *30 Hours*
  
- Gentle Immersion with Joanne Varni *30 Hours*
  
- Mentorship with Jennifer Prugh *30 Hours*
  
- Moving Into Meditation with Jennifer Prugh & Jennifer Walthers *15 Hours*
  
- Ayurveda Essentials with Bridget Puchalsky *15 Hours*
  
- No Loss for Words: Language Development for Yoga Teachers with Noell Clark *15 Hours*
  
- A Practical History of Yoga with Mark Singleton *15 Hours*

#### Continued Required Courses

- Meditation & Awareness Practices (JOY MAP) with Jennifer Prugh *guest presenter Jennifer Walthers 100 Hours, 4 courses (15 hours each)*
  - Moving Into Meditation
  - Art of Presence
  - Heart-Mind Practices
  - Mapping the Inner Life

JOY of Yoga 200-hour Qigong Training with Gideon Enz & Jim Patton *200 Hours*

Foundations of Daoist Yoga

Foundation of Qigong

Participation in at least 1 of Jennifer Prugh's retreats to a country where yoga was originally practiced: India, Bali, Nepal, Sri Lanka, Cambodia, and Japan. Up to 3 retreats can apply.

*1-week retreat = 45 hours; 2-week retreat = 90 hours*

Retreat: \_\_\_\_\_ Hours: \_\_\_\_\_

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## **ADDITIONAL COURSES**

For course options to choose from, refer to the JOY of Yoga 300 Hour page - Upcoming Electives. Additionally, any course or workshop led by Jennifer Prugh will count.

Course name & teacher: \_\_\_\_\_ Hours: \_\_\_\_\_

Course name & teacher: \_\_\_\_\_ Hours: \_\_\_\_\_

Course name & teacher: \_\_\_\_\_ Hours: \_\_\_\_\_

Course name & teacher: \_\_\_\_\_ Hours: \_\_\_\_\_