



JOY OF YOGA

300 Hour Teacher Training

CORE CURRICULUM / 270 Hours

For complete course descriptions, refer to the JOY of Yoga 300 Hour page - Upcoming Core.

- 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*

ELECTIVES / 30 Hours

For course options to choose from, refer to the JOY of Yoga 300 Hour page - Upcoming Electives.

- Course name & teacher: _____ Hours: _____
- Course name & teacher: _____ Hours: _____