

# MY TRAINING CALENDAR

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Review your training choices and map out the timeline for your training on this page.

- For each full semester, choose which elective sessions you would like to attend (16 hours of group sessions and 2 hours of one-on-one mentoring needed)
- For each semester that is not part of your plan, note which parts of your "Advanced Teaching Skills" 100 hours you would like to work on.
- Review the following page for an example calendar

## OVERVIEW

- Chosen career path: \_\_\_\_\_
- Semesters: \_\_\_\_\_
- Advanced Teaching Skills (apprenticeship and/or course choices or areas of focus:  
\_\_\_\_\_  
\_\_\_\_\_

FALL 2022

SUMMER 2023

SPRING 2023

FALL 2023

# MY TRAINING CALENDAR

## (Sample: 12-month Timeline)

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- For each full semester, choose which elective sessions you would like to attend (16 hours of group sessions and 2 hours of one-on-one mentoring needed)
- For each semester that is not part of your plan, note which parts of your "Advanced Teaching Skills" 100 hours you would like to work on.
- Review the following page for an example calendar

### OVERVIEW

- Chosen career path: *Skilled Asana Teacher*
- Semesters: *Asana (Spring 2023)*, *Holistic (Fall 2023)*
- Advanced Teaching Skills (apprenticeship and/or course choices or areas of focus):  
*Teaching Power Yoga (Fall 2022 - 20 hours)*, *Yin Yoga (self-paced - 20 hours)*, *Inspired Teaching (self-paced - 20hrs)*,  
*Teaching Skills Apprenticeship - 20 hours*, *Professional Development Apprenticeship - 20 hours*

### FALL 2022

*November 4-6, 2022:*

*Teaching Power Yoga*

*Teaching Skills Apprenticeship*

*Inspired Teaching (self paced)*

### SUMMER 2023

*April 30-June 4:*

*Yoga Sutras in Practice*

*(Live weekly mentoring)*

*Yin Yoga (self paced)*

*Professional Development Apprenticeship*

### SPRING 2023

*Asana Semester:*

- *January 14: community workshop (3 hours)*
- *March 3-5: Full immersion weekend (10 hours)*
- *March 1-15: Webinar series (4.5 hours)*
- *2 hours: personal mentoring*

### FALL 2023

*TRAINING COMPLETE!*

# MY TRAINING CALENDAR

## (Sample: 24-month Timeline)

- For each full semester, choose which elective sessions you would like to attend (16 hours of group sessions and 2 hours of one-on-one mentoring needed)
- For each semester that is not part of your plan, note which parts of your "Advanced Teaching Skills" 100 hours you would like to work on.
- Review the following page for an example calendar

### OVERVIEW

- Chosen career path: *Trauma and Adaptive Teacher*
- Semesters: *Meditation (Summer 2023)*, *Trauma & Adaptive (Spring 2024)*
- Advanced Teaching Skills (apprenticeship and/or course choices or areas of focus):  
*Sacred Sound (Spring 2023 - 20 hours)*, *Personal Practice, Self Study, and Prof. Development (self-paced - 30 hours)*  
*Advanced Anatomy (self-paced - 30 hrs)*, *Spiritual Practice Apprenticeship (20 hours)*

### FALL 2022

*Personal Practice, Self Study, and Professional Development (self paced)*

### FALL 2023

*Spiritual Apprenticeship*

*Advanced Anatomy (self-paced)*

### SPRING 2023

*February 10-12, 2023:  
Sacred Sound Immersion Training*

### SPRING 2024

*Trauma & Adaptive Semester*

- *(dates tba): Webinar series (4.5 hours)*
- *(dates tba): immersion weekend (10 hours)*
- *(dates tba): Workshop (3 hours)*
- *One-on-one mentoring - 2 hours*

### SUMMER 2023

*Meditation Semester:*

- *May 13-17: restorative webinar series (4.5 hours)*
- *June 7-21: theme webinar series (4.5 hours)*
- *July 14-16: full mentoring immersion weekend (10 hours)*
- *One-on-one mentoring: 2 hours*

**TRAINING COMPLETE!**