

300 HR Advanced Yoga Teacher Training Modules for 2018

(more modules will be added soon!)

Date	Hrs	Cost	Workshop	Location	Trainer	More Info
Feb 9-11	20	\$220	The Art of Healing & Letting Go: A Yin & Restorative Workshop	Boise, ID	Lisa Simpson, E-RYT 500	https://www.facebook.com/events/155766148391508/
Mar 14-18	35	\$699	*A Deep Dive Into Ayurvedic Health	Boise, ID	Drs. Satyavani Kelli Harrington, E-RYT 500 & Michael Bittner, E-RYT 500	http://institute.zenspotmbs.com/training?id=97
Apr 14-19	ask	See website	Empowering People to Discover Their Divine Self: Yin, Yoga Therapeutics & Energy	Sun Valley, ID	Drs. Satyavani Kelli Harrington, E-RYT500 & Michael Bittner, E-RYT500	http://institute.zenspotmbs.com/workshop?id=103
Apr 20-22	20	\$220	The Art of Adjusting	Boise, ID	Nam Chantepie, RYT 500	https://www.facebook.com/events/192296577989804/
May 18-20 & Jun 1-3	40	\$450	*Functional Anatomy: Feet to Pelvis Part A/B	Boise, ID	Samantha Ashenbrener, DPT, RYT 200	https://www.facebook.com/events/208134079734856/
Jul 7-22	ask	See website	Learning to Live in Balance with the Environment in Costa Rica	Costa Rica	Drs. Satyavani Kelli Harrington, E-RYT500 & Michael Bittner, RYT 500	http://institute.zenspotmbs.com/training?id=65
Sept 14-16 & Sept 21-23	40	\$450	*Functional Anatomy: Core + Spine Part A/B	Boise, ID	Samantha Ashenbrener, DPT, RYT 200	https://www.facebook.com/events/1424869820972231/
Oct 5-7 & Oct 19-21	40	\$450	*Functional Anatomy: Neck + Shoulders Part A/B	Boise, ID	Samantha Ashenbrener, DPT, RYT 200	https://www.facebook.com/events/1963591157302211/
January 2019	ask	See website	Learn to Love in Jamaica	Jamaica	Drs. Satyavani Kelli Harrington, E-RYT500 & Michael Bittner	http://institute.zenspotmbs.com/training?id=63

*Blue means required – but you don't have to take them in any order and you don't have to take them in the same year necessarily. The required core modules will be offered every year, so don't worry if you miss a required core module this year!

Here are some key highlights of the Advanced 300hr Yoga Teacher Training and Life Enrichment Program:

- Receive in-depth, advanced, quality education with subject-matter experts at affordable prices.
- No large upfront investment required. Enroll in modules as your wallet and time allows.
- Jump in on any module to start your training! Most modules are weekend modules (Fri evenings and Sat/Sun) to work around your busy schedule. Don't sweat if you can't take a module this year - the required core modules will be offered every year.
- Take up to 4 years to complete your advanced training.
- Complete all your advanced training here locally or do part of your training internationally!

All Essential Hot Yoga 200hr yoga teacher training graduates get 10% off all domestic modules.