



YTT 300 sessions for 2019:

Date	Module	Trainer(s)	Hrs
Jan 10-21	Advanced Meditation and Pranayama	Dr. Michael Bittner	20
Feb 22-24	* Functional Anatomy & Injury Prevention Lab: Neck + Shoulders	Samantha Ashenbrenner, DPT	20
April 12-14	The Art of Adjusting	Nam Chantepie	20
May 17-18	Building Resilience to Have Challenging Conversations: Mindfulness Training	Dr. Daniel Ellenberg	20
Jun 29-Jul 14	Learning to Live in Balance with the Environment in Costa Rica https://www.wellnessliving.com/rs/event/zenspot?k_class=112125&k_class_tab=12519	Drs. Satyavani Kelli Harrington and Michael Bittner	85
Aug 15-18	*Fall Back into Rhythm Ayurveda Retreat: Alturas Lake, Stanley, Idaho http://www.zenspotmbs.com/programs/retreats/	Drs. Satyavani Kelli Harrington and Michael Bittner	30
Sept tbd	* Functional Anatomy & Injury Prevention Lab: Feet to Pelvis	Samantha Ashenbrenner, DPT	20
Nov tbd	* Functional Anatomy & Injury Prevention Lab: Core + Spine	Samantha Ashenbrenner, DPT	20
Dec 29-Jan 6	Learn to Love in Jamaica with ZenSpot - deadline is Nov 1. More information: http://www.zenspotmbs.com/programs/the-yogi-path/500-hour/	Drs. Satyavani Kelli Harrington and Michael Bittner	60
Feb 2-20, 2020	Be Fearless in India – start planning now! https://www.wellnessliving.com/rs/event/zenspot?k_class=105279&k_class_tab=12519	Drs. Satyavani Kelli Harrington and Michael Bittner	85

* Denotes required modules for 300hr program