

ABHIJNA SCHOOL OF YOGA & MEDITATION			
YOGA TEACHER TRAINING & WORKSHOPS CALENDAR 2019 - 2020			
PROGRAM TYPE	JULY 2019		LANGUAGE
TEACHER TRAINING	JULY 1 - 28	200 HOUR YOGA THERAPY TEACHER TRAINING	ENGLISH
PROGRAM TYPE	AUGUST 2019		LANGUAGE
TEACHER TRAINING	AUGUST 1 - 28	200 ASHTANGA VINYASA TTC	ENGLISH
TEACHER TRAINING	AUGUST 1 - 28	200 HOUR YOGA THERAPY TEACHER TRAINING	ENGLISH
PROGRAM TYPE	OCTOBER 2019		LANGUAGE
TEACHER TRAINING	OCTOBER 1-28	200 HOUR ASHTANGA VINYASA YOGA TEACHER TRAINING	ENGLISH
TEACHER TRAINING	OCT 9 - NOV 5	200 HOUR YIN YOGA TEACHER TRAINING	ENGLISH
TEACHER TRAINING	OCT 9 - NOV 5	200 HOUR YOGA THERAPY TEACHER TRAINING	ENGLISH
TEACHER TRAINING	OCT 9 - NOV 5	200 HOUR VINYASA FLOW YOGA TEACHER TRAINING	ENGLISH
WORKSHOP	OCT 12	1/2 DAY YOGA NIDRA IMMERSION	ENGLISH
WORKSHOP	OCT 12	1/2 DAY INTRODUCTION TO THE YOGA WHEEL	ENGLISH
WORKSHOP	OCT 13	1/2 DAY INTRODUCTION TO AERIAL YOGA WORKSHOP	ENGLISH
WORKSHOP	OCT 19 & 20	2 DAY SOUND HEALING WORKSHOP	ENGLISH
PROGRAM TYPE	NOVEMBER 6 - DECEMBER 3, 2019		LANGUAGE
TEACHER TRAINING	NOV. 11 - DEC. 6	200 HOUR ASHTANGA VINYASA YOGA TEACHER TRAINING	ENGLISH
TEACHER TRAINING	NOV. 11 - DEC. 6	200 HOUR MULTI STYLE YOGA TTC	ENGLISH
TEACHER TRAINING	NOV. 6 - DEC. 3	200 HOUR HATHA YOGA TEACHER TRAINING	ENGLISH
WORKSHOP	NOV. 9	1/2 DAY YOGA NIDRA IMMERSION	ENGLISH
WORKSHOP	NOV. 9	1 DAY DHARANA MANDALA YOGA WORKSHOP	ENGLISH
WORKSHOP	NOV. 16 & 17	2 DAY SOUND HEALING WORKSHOP	ENGLISH
WORKSHOP	NOV. 23	1/2 DAY CHAKRAS ATTUNEMENT & BALANCING THROUGH YOGIC PRACTICES	ENGLISH
WORKSHOP	NOV. 24	1/2 DAY INTRODUCTION TO AERIAL YOGA WORKSHOP	ENGLISH
ABHIJNA SCHOOL OF YOGA			
YOGA TEACHER TRAINING & WORKSHOPS CALENDAR 2019 - 2020			
PROGRAM TYPE	DECEMBER 10 , 2019 - JANUARY 6 - 2020		LANGUAGE
TEACHER TRAINING	DEC. 10 - JAN. 6	200 HOUR ASHTANGA VINYASA YOGA TEACHER TRAINING	ENGLISH
TEACHER TRAINING	DEC. 10 - JAN. 6	200 HOUR YIN YOGA & MEDITATION TEACHER TRAINING	ENGLISH
TEACHER TRAINING	DEC. 10 - JAN. 6	200 HORAS PROFESORADO EN ASHTANGA VINYASA YOGA ESPANOL	SPANISH
WORKSHOP	DEC. 14	1/2 DAY YOGA NIDRA IMMERSION	ENGLISH
WORKSHOP	DEC. 15	1/2 DAY YOGA KURUNTA WORKSHOP	ENGLISH
WORKSHOP	DEC. 21 & 22	2 DAY SOUND HEALING WORKSHOP	ENGLISH
WORKSHOP	DEC. 28	1/2 DAY CHAKRAS ATTUNEMENT & BALANCING THROUGH YOGIC PRACTICES	ENGLISH
WORKSHOP	DEC. 28	1/2 DAY INTRODUCTION TO AERIAL YOGA WORKSHOP	ENGLISH
PROGRAM TYPE	JANUARY 2020		LANGUAGE
TEACHER TRAINING	JAN 13 - FEB 9	200 HOUR ASHTANGA VINYASA TEACHER TRAINING	ENGLISH
TEACHER TRAINING	JAN 13 - FEB 9	200 HOUR YOGA THERAPY TEACHER TRAINING	ENGLISH
TEACHER TRAINING	JAN 13 - FEB 9	200 HOUR YIN YOGA TEACHER TRAINING	ENGLISH
TEACHER TRAINING	JAN 13 - FEB 9	200 HORAS PROFESORADO EN YOGA TERAPIA EN ESPANOL	SPANISH
WORKSHOP	JAN. 18	1 DAY YOGA NIDRA IMMERSION	ENGLISH
WORKSHOP	JAN 18	1 DAY IMMERSION IN YOGA KURUNTA	ENGLISH
WORKSHOP	FEB. 1	1/2 DAY INTRODUCTION TO AERIAL YOGA WORKSHOP	ENGLISH
WORKSHOP	FEB. 1	1/2 DAY CHAKRAS ATTUNEMENT & BALANCING THROUGH YOGIC PRACTICES	ENGLISH
WORKSHOP	JAN 25 & 26	2 DAY SOUND HEALING WORKSHOP	ENGLISH
PROGRAM TYPE	FEBRUARY - MARCH 2020		LANGUAGE
TEACHER TRAINING	FEB. 16 - MAR. 14	200 HOUR HATHA YOGA TEACHER TRAINING	ENGLISH
TEACHER TRAINING	FEB. 16 - MAR. 14	200 HOUR MULTI STYLE YOGA TEACHER TRAINING	ENGLISH
TEACHER TRAINING	FEB. 16 - MAR. 14	100 HOUR MEDITATION TEACHER TRAINING	ENGLISH
TEACHER TRAINING	FEB. 16 - MAR. 14	200 HOUR VINYASA FLOW TEACHER TRAINING	ENGLISH
WORKSHOP	FEB. 22	1/2 DAY YOGA NIDRA IMMERSION	ENGLISH
WORKSHOP	FEB. 23	1/2 DAY IMMERSION IN YOGA KURUNTA	
WORKSHOP	FEB. 29 & MAR. 1	2 DAY SOUND HEALING WORKSHOP	ENGLISH
WORKSHOP	MAR. 7	1/2 DAY INTRODUCTION TO AERIAL YOGA WORKSHOP	
WORKSHOP	MAR. 7	1/2 DAY CHAKRAS ATTUNEMENT & BALANCING THROUGH YOGIC PRACTICES	

PROGRAM TYPE	MARCH - APRIL 2020		LANGUAGE
TEACHER TRAINING	MAR. 21 - APR. 16	200 HOUR ASHTANGA VINAYASA TEACHER TRAINING	ENGLISH
TEACHER TRAINING	MAR. 21 - APR. 16	200 HOUR YOGA THERAPY TEACHER TRAINING	ENGLISH
TEACHER TRAINING	MAR. 21 - APR. 16	200 HOUR YIN YOGA & MEDITATION TEACHER TRAINING	ENGLISH
WORKSHOP	MAR. 28	1 DAY YOGA NIDRA IMMERSION	ENGLISH
WORKSHOP	MAR. 28	1/2 DAY IMMERSION IN YOGA KURUNTA	
WORKSHOP	APR. 4 & 5	2 DAY SOUND HEALING WORKSHOP	ENGLISH
WORKSHOP	APR. 11	1/2 DAY INTRODUCTION TO AERIAL YOGA WORKSHOP	
WORKSHOP	APR. 12	1/2 DAY CHAKRA HEALING & BALANCING THROUGH YOGIC PRACTICES	