300 HOUR YTT

160 CORE CURRICULUM HOURS
110 ELECTIVE HOURS
30 HOURS PRACTICUM

CORE

20	Ayurveda 1
20	Ayurveda 3
20	Subtle Body 1
10	Subtle Body 2
20	Adaptive Yoga
20	Advanced Posture Clinic 1
20	Advanced Posture Clinic 2
20	Yoga in the Field Part 1
10	Yoga in the Field Part 2

PRACTICUM

ELECTIVES