**PROGRAM OUTLINE**

This manual is your reference tool for the training program. Each time we meet we will need to bring our books and manual to class. We will start each class with opening mantras, intention, and meditation. We will do pranayama and asana at some point during each class. There will be homework that is to be turned in after each session. There will be 3 written quizzes and an essay final exam. Do not panic about any of this! Each YTT will be required to teach a full class to the group. The group will offer feedback. I have invited a few guest speakers. Dates for these speakers will be announced during class. There will be a celebration at our graduation!!

**CLASS SCHEDULE**

Our first class will be on Thursday December 1, 2022. We will meet from 6-9pm online. This will be our introduction, an overview of the next several months together, an opportunity to ask questions. We will start with an overview of the Lineage, and the Code of Ethics, and I will teach the group a class.

Our Thursday sessions will be online. Our weekend sessions will be in person.

**CLASS SCHEDULE**

We will meet on the first weekend of every month from 9am-5pm, on both Saturday & Sunday.

We will meet on the 3rd Saturday of every month from 9am-5pm.

We will meet online on the 1st and 3rd Thursday of every month from 6-9pm

We will have a 15-minute break and a 30–45-minute break for lunch, during each weekend class.

DECEMBER JANUARY FEBRUARY

Thursday - 12/1 Thursday – 1/5 Thursday – 2/2

Saturday - 12/3 Saturday – 1/7 Saturday – 2/4

Sunday – 12/4 Sunday – 1/8 Sunday – 2/5

Thursday – 12/15 Thursday – 1/19 Thursday – 2/16

Saturday – 12/17 Saturday – 1/21 Saturday 2/18

MARCH APRIL MAY

Thursday – 3/2 Thursday – 3/30 Thursday – 5/4

Saturday – 3/4 Saturday – 4/1 Saturday – 5/6

Sunday – 3/5 Sunday – 4/2 Sunday – 5/7

Thursday – 3/16 Thursday – 4/13 Thursday – 5/18

Saturday – 3/18 Saturday – 4/15 Sunday – 5/20

JUNE

Thursday – 6/1

Saturday – 6/3

Sunday – 6/4

Thursday – 6/15

Saturday – 6/17