

Heartfulness Yoga TTC200

Learn to connect with your heart, learn to teach from the heart.
Experience Heartfulness.



Welcome to this transformative journey!

Here is the program for the entire course. Once you register, you will be given access to all the Yoga practice and theory videos on our online platform. We will meet on Sundays during the first 6 weeks. Below are the dates of the 6 webinars. Keep them in your calendar!

Make sure you can attend all the Sunday live classes from a place where you can practice; it is important for us to get to know you and to help you reach the practice level needed before you engage in the 2-week intensive segment towards certification.

Webinars: We use the Zoom platform during our webinars. Download ZOOM [<https://zoom.us/>] on your phone or computer - we will share the link of the webinar a day before the event by email and on the Whatsapp group. Once Zoom is installed on your device, just click on the link at the time indicated and connect with the group.

Make sure that your phone/camera is set in such a way that your Lead Trainer can see you practice during the live classes.

Help: If you need any help, practical or technical information, write to us @ yogaonline@heartfulness.org

Heartfully,

The Heartfulness Yoga Team

Heartfulness Yoga Teacher Training Course

Calendar Sept 19th to Nov 14th 2021

Webinar 1	Sun, Sept 19, 2021	Let's meet!	3:00 P.M. PDT - 6:00 P.M. EDT	60 min
Week 1	Sept 20 to 25, 2021	Introduction to the world of Yoga	Flow 1 - legs & core Theory: Yogic Lifestyle History of Yoga	1h/day + 2h/week
Webinar 2	Sun, Sept 26, 2021	Yoga Live Practice - Q&A	3:00 P.M. PDT - 6:00 P.M. EDT	60 min
Week 2	Sept 27 to Oct 2, 2021	Yogic Anatomy & Physiology	Flow 2 - mild back & forward bend Theory: Pancha Kosha Ayurveda	1h/day + 2h/week
Webinar 3	Sun, Oct 3, 2021	Yoga Live Practice - Q&A	3:00 P.M. PDT - 6:00 P.M. EDT	60 min
Week 3	Oct 4 to 9, 2021	Introduction to the Bhagavad Gita	Flow 3 - Deeper back & fwd bend Theory: Bhagavad Gita Skeletal System	1h/day + 2h/week
Webinar 4	Sun, Oct 10, 2021	Yoga Live Practice - Q&A	3:00 P.M. PDT - 6:00 P.M. EDT	60 min
Week 4	Oct 11 to 16, 2021	The 4 paths of Yoga	Flow 4 - Hips & shoulders Theory: 4 Paths of Yoga Muscular System	1h/day + 2h/week
Webinar 5	Sun, Oct 17, 2021	Yoga Live Practice - Q&A	3:00 P.M. PDT - 6:00 P.M. EDT	60 min
Week 5	Oct 18 to 23, 2021	Yoga and Breathing	Flow 5 - Medium balanced class Theory: Sankhya Philosophy Respiratory System	1h/day + 2h/week
Webinar 6	Sun, Oct 24, 2021	Yoga Live Practice - Q&A	3:00 P.M. PDT - 6:00 P.M. EDT	60 min
Week 6	Oct 25 to 29, 2021	From Patanjali to Modern Yogis	Flow 6 - Advanced balanced class Theory: Astanga Yoga Modern Yoga Schools	1h/day + 2h/week

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Week 7	Sat, Oct 30 to Sat, Nov 6, 2021	A deeper practice & understanding of Yoga	6:00 A.M. PDT/9:00 A.M. EDT to 5:00 P.M PDT/8:00 P.M. EDT	Full Time
Week 8	Mon, Nov 8 to Sun, Nov 14, 2021	The Art of Teaching Yoga	6:00 A.M. PDT/9:00 A.M. EDT to 5:00 P.M PDT/8.00 P.M. EDT	Full Time

The 2-week immersion segment begins on the 30th morning. You need to be available full-time for these 2 weeks so that you can be certified as a Yoga Trainer. It is a professional certification that needs real commitment.

Have a look at the details schedule for the 2-week immersion.