

YTT Training Schedule 2020 with Video Links

Thursday, 10/29/2020

6:30 pm [YTT Opening Session](#) with Michelle

Friday 10/30/2020

7:00 am [AM Yoga](#) with Sadia (*Note: includes Dirgha breathing)

9:00 am [Agreements & Conscious Communication](#) with Sadia and Cristie (Notes: included Active Listening)

2:00 pm [ESRIT and Riding the Wave](#) with Michelle

5:00 pm [Movement Formula with Michelle](#)

Saturday, 10/31/2020

7:00 am [AM Yoga](#) with Michelle

9:00 am [Ground-up Cues, Mountain, Half Moon](#) with Sadia

2:00 pm [ESRIT & Movement Formula; Standing Squat, Upward Facing Boat](#) with Michelle

5:00 pm [PM Yoga](#) with Sadia

Sunday, 11/1/2020

7:00 am [AM Yoga](#) with Sadia (Notes: morning wake-up yoga)

9:00 am [Breakout Teach for Upward Boat, Posture Clinic: Warrior and Side Warrior](#) with Michelle and Sadia

Tuesday, 11/3/2020

6:45 am [Setting up a Self-Guided Practice](#) with Michelle

6:30 pm [Riding the Wave](#) with Sam

Wednesday, 11/4/2020

5:30 pm [PM Yoga](#) with Sam

Thursday, 11/5/2020

6:30 pm [Anatomy & Physiology: Yoga and the Feeling Body- Nervous System](#) with Chris

Sunday, 11/8/2020

5:30 pm [PM Yoga](#) with Chris

Tuesday, 11/10/2020

6:30 pm Check-in with Sadia

Wednesday, 11/11/2020

5:30 pm [PM Yoga](#) with Monique

Thursday, 11/12/2020

6:30 pm [Anatomy & Physiology: Intro to the Yoga Body](#) with Chris

Friday, 11/13/2020

- 7:00 am [AM Yoga](#) with Michelle
9:00 am [Warm-Ups & Transitions](#) with Michelle
2:00 pm [Posture Clinics: Tree & Eagle Pose](#) with Sadia
5:00 pm [Posture Clinic: Eagle Pose Part 2 & Integration](#) with Sadia

Saturday, 11/14/2020

- 7:00 am [AM Yoga](#) with Sam
9:00 am [Posture Clinic: Triangle and Pigeon Part 1](#) and [Part 2](#) with Sadia
2:00 pm Practice Teach 1 with Partner
5:00 pm [Posture Clinic: Yoga Mudra](#) with Michelle (Note: includes Yoga Mudra)

Sunday, 11/15/2020

- 7:00 am [AM Yoga](#) with Sadia
9:00 am [Yoga Philosophy with Sam](#), Review of Practice Teach #2 Expectations

Wednesday, 11/17/2020

- 6:30 pm [Checkin: Practice Teach #2](#) with Sadia

Wednesday, 11/18/2020

- 5:30 pm [PM Yoga](#) with Monique

Thursday, 11/19/2020

- 6:30 pm [Yoga Philosophy: Patanjali's Eight Limbs](#) with Michelle (Notes: Yamas and Niyamas)

Friday, 11/20/2020

- 7:00 am [AM Yoga](#) with Sadia (Notes: includes tree and pigeon)
9:00 am [Breathing: Dirgha and Ujjayi](#) with Sam (Notes: included Active Listening)
2:00 pm [Anatomy & Physiology – Breath and Core Movement](#) with Chris
5:00 pm [Breathing: Kapalabhati](#) with Sam

Saturday, 11/21/2020

- 7:00 am [AM Yoga](#) with Chris (Notes: includes standing forward fold)
9:00 am [Centering Meditations and Nadi Shodhana – Part 1](#) and [Part 2](#) with Michelle
2:00 pm [Transitions](#) with Sadia
5:00 pm [Posture Clinic: Savasana](#) with Sadia

Sunday, 11/22/2020

- 7:00 am AM Yoga with Michelle (Notes: not recorded, included pigeon, standing forward fold, started on belly)
9:00 am [Posture Clinic: Down-dog and Standing Forward Fold Part 1](#) and [Part 2](#) with Sadia

Tuesday, 11/24/2020

- 6:30 pm Remembering the Why with Sadia (Notes: discussion with sangha, not recorded)

Sunday, 11/29/2020

5:30 pm [Yoga with Monique](#) (Notes: theme was polarity)

Tuesday, 12/1/2020

6:30 pm Check-in with Sadia

Wednesday, 12/2/2020

5:30 pm [Yoga with Janna](#)

Thursday, 12/3/2020

6:30 pm [Anatomy & Physiology: Hips and Legs](#) with Chris

Friday, 12/4/2020

7:00 am AM Yoga with

9:00 am [Posture Clinic: Cobra, Bridge Part 1 and Part 2](#) with Michelle

2:00 pm [Seated Spinal Twist and Knee Down Twist and Part 2](#) with Sam

5:00 pm PM Yoga with ?

Saturday, 12/5/2020

7:00 am [AM Yoga with Chris](#)

9:00 am [Posture Clinic: Posterior Stretch, Knee-Down Stretch Part 1 and Part 2](#) with Michelle

2:00 pm [Completion of Intro to Yoga Philosophy](#) with Sam
[Tantra Yoga](#) with Michelle

5:00 pm [Posture Clinic: Boat, PM Restorative Yoga](#) with Michelle

Sunday, 12/6/2020

7:00 am [AM Yoga](#) with Chris

9:00 am [Anatomy & Physiology: Shoulders, Arms, Integrative Anatomy Practice](#) with Chris

Tuesday, 12/8/2020

6:30 pm Conscious Communication Model with Sadia (Note: not recorded)

Wednesday, 12/9/2020

5:30 pm [Vedanta Yoga](#) with Monique (Note: A prerecorded video is on sharepoint)

Thursday, 12/10/2020

6:30 pm Practice Teach Dress Rehearsal

Friday, 12/11/2020

8:30 am Practice Teaches 1 and 2

2:00 pm Practice Teach 3

Saturday, 12/12/2020

7:00 am [AM Yoga](#) with Sam

9:00 am Welcoming, Practice Teach 4

11:00 am Practice-Teach Integration and Celebration

2:00 pm [Inclusivity, Ethics, Kripalu Ethics Agreement Part 1 and Part 2](#) with Sadia

Sunday, 12/13/2020

7:00 am [AM Yoga – last practice with Sangha](#) led by Michelle and Sadia

9:00 am [Integration and Graduation](#)

Other Kripalu Yoga Practices

Here's are links to free online Kripalu Yoga Classes:

[Sadia's Shine Bright Yoga](#) (38 minutes)