



School of Om

Topic/Event Overview

Sept 18/19/20

Welcome Weekend, The 8 Limbs & Vinyasa

Oct 2/3/4

History Of Yoga, Yoga Exploration & Leadership

Oct 16
Nov 6/7/8

How Yoga Works & Yoga Anatomy

Dec 4/5/6

Meditation & The Nervous System

Jan 8/9/10
Jan 22

Yoga Sutras & Teaching Dynamics

Feb 5/6/7
Feb 19

Yoga Nidra, Yin & Restorative Yoga



School of Om

Mar 5/6/7
Mar 19

Pranayama, Science of Yoga & Breath

April 2/3/4
April 16

Chakras & Sound Healing

April 30, May 1/2

Adaptive Yoga, Adjustments & Ethics

May 21/22/23

The Business of Yoga, Fellowship & Graduation

Weekends may change as the training unfolds, every weekend you will be reading and exploring concepts of the yogic philosophy and 8 limb path.

Dive into your practice of elevating suffering and finding wholeness within.



School of Om

Yoga Teacher Training

SAMPLE WEEKEND

FRIDAYS

6PM - 9PM

Location: Williamsburg*

6PM - 7PM

Group Practice

7PM - 8PM

Lecture

8PM - 9PM

Discussion, Q&A,

**Hybrid Yoga Training Online,
plus experience at two studios.**

**** Yorktown:** BlueSky Yoga
104 Production Dr.

*** Williamsburg:** Body Balance Studio
370 McLaws Circle

SATURDAYS

8AM - 12PM: Williamsburg*

1PM - 6PM: Yorktown**

8AM-12PM*

Group Practice,
Leadership Training,
Energy Dynamics

12PM-1PM

Lunch

1PM - 4PM**

8 Limbs of Yoga,
Yoga Sutras, Asana
Labs

4PM-6PM**

Practicum, Q&A

SUNDAYS

8AM - 5PM

BlueSky Yoga Yorktown**

8AM - 10:30AM**

Yoga Sequencing,
Pose Breakdown,
Anatomy

10:30AM - 11:30AM

Group Practice

11:30AM - 12PM

LUNCH

12PM - 5PM**

Small Groups,
Practicum,
Meditation Talk,
HW Review/Assign