



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,

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

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

** Yorktown: BlueSky Yoga
104 Production Dr.

* Williamsburg: Body Balance Studio
370 McLaws Circle