



**LEVEL 1: 300 HR YOGA TEACHER TRAINING / CERTIFICATION
& SELF MASTERY FOR WOMEN**

VIRTUAL OASIS ASHRAM - BLENDED SELF DIRECTED & CONTACT HOURS

JAN 2 TO FEB 19, 2023

***Advance Self Study = 50 Hours**

***Zoom Classes – Online: Jan 2 = 10 Hours**

***Jan 3 to Jan 6 – Self Study & Quiz = 20 Hours**

***Zoom Classes – Online: Jan 7 & 8 = 20 Hours**

***Jan 9 to Jan 13 – Self Study & Quiz = 20 Hours**

***Zoom Classes – Online: Jan 14 & 15 = 20 Hours**

***Jan 16 to Jan 20 – Self Study & Quiz = 20 Hours**

***Jan 23 to Jan 27 – Self Study & Quiz = 20 Hours**

***Zoom Classes – Online: Jan 28 & 29 = 20 Hours**

***Jan 30 to Jan Feb 3 – Self Study & Quiz = 20 Hours**

***Zoom Classes – Online: Feb 4 & 5 = 20 Hours**

***Feb 6 to Feb 10 – Self Study & Quiz = 20 Hours**

***Feb 13 to Feb 17 – Self Study & Quiz = 20 Hours**

***Zoom Classes – Online: Feb 18 & 19 = 20 Hours**

TOTAL – 110 HRS CONTACT VIA ZOOM

TOTAL – 190 HRS SELF DIRECTED STUDY

TOTAL – 300 YTT PROGRAM HOURS

300 HR YOGA ALLIANCE RECOGNIZED TRAINING / CERTIFICATION